

Summer
2009

Naturally Funtimes



**High
Flying Fun**
in
the **City of**
Arlington

**Outdoor
Pools**
page 12

**Passport
Arlington**
page 58

Mature Adults
page 60

**Summer
Camps**
page 48

Youth Sports
page 28

**Naturally Fun
Neighborhoods**
page 53





Welcome

to the official City of Arlington
Parks and Recreation Guide where inside
you'll discover all of the naturally fun
activities that your community has to offer.

So come out and play
in your own backyard!



OPEN
HOUSE

Tuesday, May 19, 6-8pm

at Cliff Nelson, Dottie Lynn, Elzie Odom and Hugh
Smith Recreation Centers as well as the Hugh Smith
Indoor Pool. Receive a 10% discount on class
registration and camps during our open house.

Contents

Parks Information

Registration	4
Facility Map / Contacts	5
Parks Grid	6

Swimming

Learn to Swim	8
Indoor Pool Schedule	11
Outdoor Pools	12

Fine Arts

Art	14
Dance	16
Music	18

Fitness

Membership	20
Classes	22

Sports

Adult Leagues	24
Youth Clinics / Leagues	26
Soccer	29
Gymnastics	31
Martial Arts	32
Golf	34
Tennis	40

Special Interests

Preschool	44
Education	46

Camps

Mini Camps	48
Summer Day Camp	52
Tennis Camp	52

Mature Adults

Trips	60
Dance	61
Exercise	63
Drop-in Activities	65

Other Information

Travel	54
Special Events	56
Libraries	70
River Legacy	72
Levitt Pavillion	73
Lake Arlington	75
Park Partners	76
Rent for Your Event	78

Build A Dream Scholarship Program

Arlington Parks and Recreation Department's Build A Dream Scholarship Program offers scholarships that can be used to register a child (16 years or younger) for any Arlington Parks Department youth program. Qualification for the scholarship is based upon federal income guidelines. Available to Arlington residents only.

Applications are made at the Parks and Recreation administrative office. Income verification, registration for classes and a \$5 fee will be required at the time of application. Watch the website for the next application date.

INCOME ELIGIBILITY

Household members	Annual Income Less Than
2	\$25,850
3	\$29,050
4	\$32,300
5	\$34,900
6	\$37,450
7	\$40,050
8	\$42,650

FORMS OF DOCUMENTATION ACCEPTED TO VERIFY

ANNUAL INCOME:

2008 Federal Income Tax Return, current pay stub or an award letter for governmental assistance. AISD free and reduced lunch letters are not accepted.

The Build A Dream application form and guidelines are available at

www.naturallyfun.org
and your closest recreation center.

How to Read Class Information:

Sample Class

1 Art Classes

2 Beginning Drawing

3	Drawing begins with using shapes, shading and texture. Come see how!			
	Age: 6 and up		\$35 / 4 Classes	
	M Jun 9	5:00pm-6:00pm	DLRC	89183
	M Jul 7	5:00pm-6:00pm	DLRC	89184

4	5	6	7	8
---	---	---	---	---

1 Section Title

2 Class Title

3 Class Description

4 Day

5 Start Date

6 Class Time

7 Class Location

8 Bar code number used to identify class.

Note:

Classes begin on the start date and meet the same day of the week consecutively for the number of classes indicated.

For more information or to apply visit the Parks and Recreation administrative office at 717 W. Main St. or call 817-459-5474 for information.



Registration

Registration

Registration is on a first come, first serve basis. Many classes have limited spaces available. It is to your advantage to register as early as possible.

You may register on-line at www.naturallyfun.org, by phone or in person at the Parks Administrative office or any recreation center.

On-line and phone registrations are payable by credit card only. We take Discover, Visa, Mastercard and American Express. Checks should be made payable to "City of Arlington." A charge will be assessed on all returned checks.

The City of Arlington Parks and Recreation Department occasionally sells advertisements in this publication. Any paid advertisements appearing in this publication do not indicate a connection, endorsement or official sanction by the City of Arlington of any practice, philosophy, standard, position, product or service of the advertisers.

Smile, you may be captured by our camera! The Parks and Recreation Department routinely takes photos and video of participants and visitors in our programs and facilities for promotional purposes. Please be aware that by participating or utilizing our facilities, you are granting the City of Arlington and its agents the right to use and publish your image or your minor child's image, and that no monetary remuneration will be given.

Register for FUN online!

The Arlington Parks and Recreation Department now offers online registration for classes, leagues and special events!

Just visit www.naturallyfun.org to find out more about online registration or call 817-459-5474.



Waiting Lists

When a student is interested in registering for a class that has been filled, his/her name can be placed on a waiting list. This does not guarantee a spot for the student, but individuals will be contacted if a spot becomes available.

Books and Supplies

Books and supplies are not included as part of the class fee unless stated in the class description.

Cancelled Classes

If a class is cancelled, every effort will be made to notify parents/students by telephone prior to the first class meeting.

Facility Cards

Facility Cards are required for participation in all classes and programs at recreation centers. This ID card is issued at the time of purchase and is valid for one year from date of purchase.

	Resident	Non-Resident
Youth (17 & under)	\$12	\$20
Adult (18 – 54)	\$14	\$32
Senior (55 & up)	\$12	\$20

Note: Residency is defined as living within the City of Arlington's incorporated city limits. Proof of residency is required.

Daily/Guest Pass

Residents and non-residents may purchase a Day Pass for \$6. No Facility Card is required with a Day Pass. Valid Picture ID is required.

Satisfaction Guaranteed

We value you as a customer. If you are not happy with the quality of a program, please tell staff immediately so that we have the opportunity to correct the situation.

Special Accommodations

The City of Arlington Parks and Recreation Department welcomes people of all ability levels to participate together in our wide variety of quality recreational opportunities. We comply with the Americans with Disabilities Act in making reasonable accommodations. Participants requesting special accommodations need to complete a Special Accommodations Request Form in addition to the Program Participant Information Sheet. To make a request, contact the Parks and Recreation Administrative Office at 817-459-5474.

Facility Map

Parks and Recreation

1. Administrative Office

717 W. Main St. 76013
 Phone: 817-459-5474
 Fax: 817-459-5495
 M-F 8am-5pm
 Park Pavilion Rentals: 817-459-5473
 Youth Field Rentals: 817-459-5416
 Adult Softball Field Rentals: 817-459-5463

Recreation Facilities

1. Cliff Nelson Recreation Center (CNRC)

4600 W. Bardin Road 76017
 Phone: 817-561-2819
 M-F 6am-9pm, Sat 9am-7pm, Sun 12-6pm

2. Dottie Lynn Recreation Center (DLRC)

3200 Norwood Lane 76013
 Phone: 817-277-5001
 M-F 8am-9pm, Sat 9am-5pm, Sun Closed

3. Elzie Odom Recreation Center (EORC)

1601 NE Green Oaks Blvd. 76006
 Phone: 817-459-6434
 M-F 6am-9pm, Sat 8am-6pm, Sun 12-6pm

4. Hugh Smith Recreation Center (HSRC)

1815 New York Ave. 76010
 Phone: 817-275-1351
 MWF 6:30am-9pm, Tu Th 8am-9pm,
 Sat 9am-6pm, Sun Closed

4. Senior Recreation Center New York (SRCNY)

2015 Craig Hanking Drive 76010
 Phone: 817-460-5009
 M-F 8:30am-4pm, Sat & Sun Closed

5. Meadowbrook Recreation Center (MRC)

1400 Dugan 76010
 Phone: 817-459-5463
 M-F 8am-6pm, Sat 12-5pm, Sun Closed

6. Senior Recreation Center Eunice (SRCE)

1000 Eunice St. 76010
 Phone: 817-277-8091
 M Th F 8:30am-10pm, T W 8:30am-5pm,
 Sat & Sun Closed

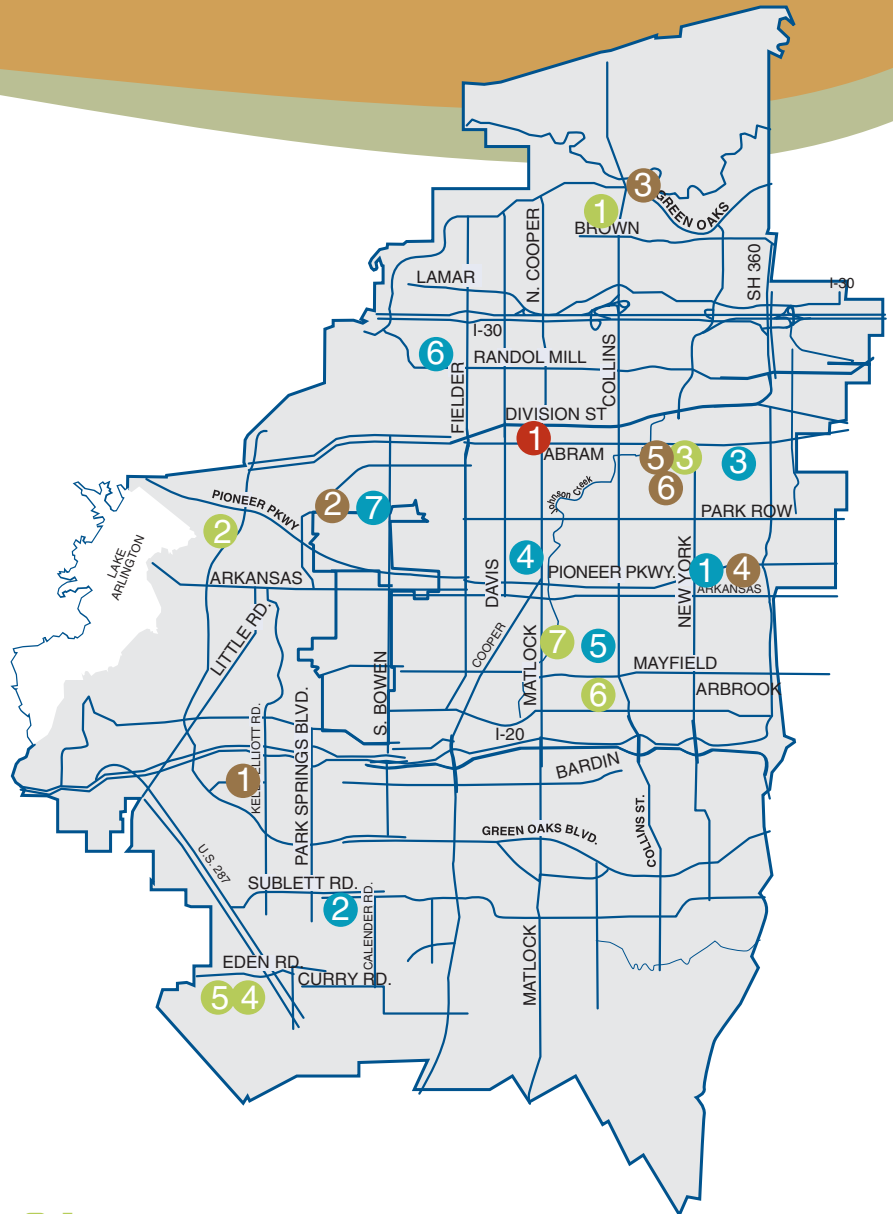
Aquatics

Outdoor Pools: 817-459-5483

1. Hugh Smith Indoor Pool
2. Bad Königshofen Family Aquatic Center
3. Helen Wessler Play Pool
4. Howard Moore Play Pool
5. Allen Bolden Pool
6. Randol Mill Family Aquatic Center
7. Woodland West Pool

Athletics

Adult Sports: 817-459-5463
 Adult Softball Rainout: 817-462-3471
 Youth Sports: 817-459-6434
 Youth Sports Rainout: 817-459-6697



Other

1. Chester W. Ditto Golf Course

801 W. Brown Blvd. 76011
 817-275-5941

2. Lake Arlington Golf Course

1516 W. Green Oaks Blvd. 76013
 817-451-6101

3. Meadowbrook Golf Course

1300 E. Dugan St. 76010
 817-275-0221

4. Tierra Verde Golf Club

7005 Golf Club Drive 76001
 817-478-8500

5. Ventana Grille

7005 Golf Club Drive 76001
 817-548-5047

6. Arlington Tennis Center

500 W. Mayfield Road 76014
 817-459-6163
 Program status (Rain): 817-459-6166
 M-Th 8am-9pm, F 8am-8pm, Sat
 8am-5pm, Sun 12-8pm

7. Bob Duncan Center

2800 S. Center St. 76014
 817-465-6661

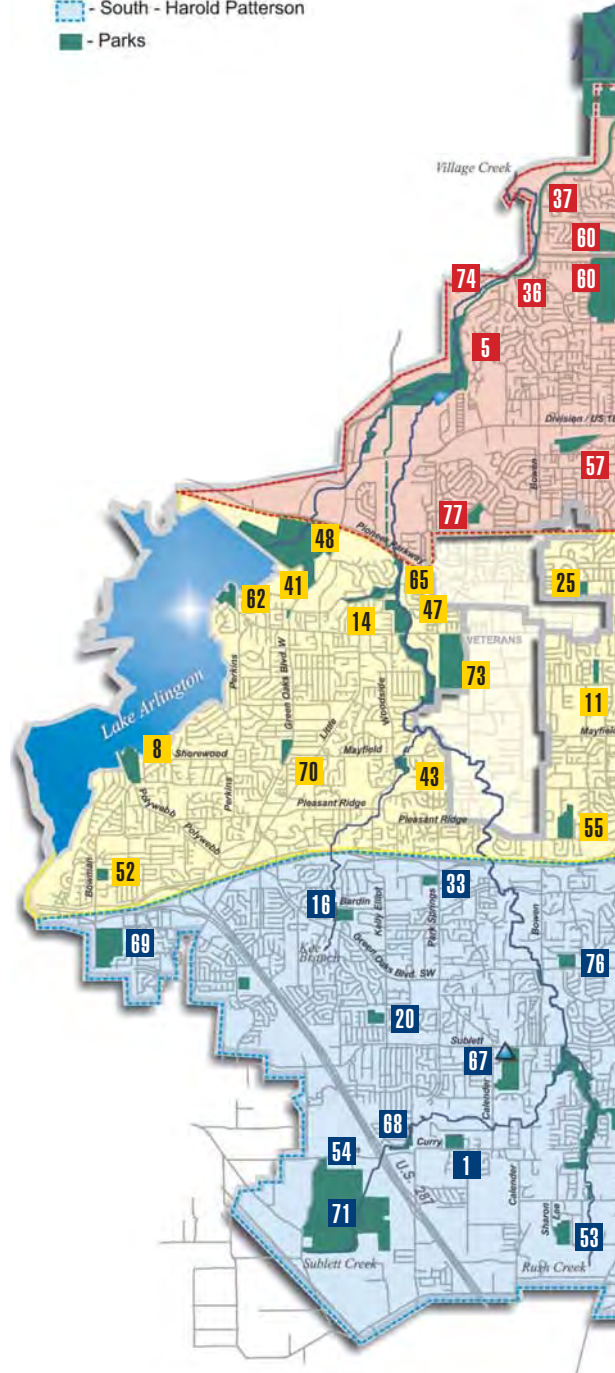
How are we doing?
 Email us your comments, questions or
 concerns at parksdepartment@arlingtontx.gov



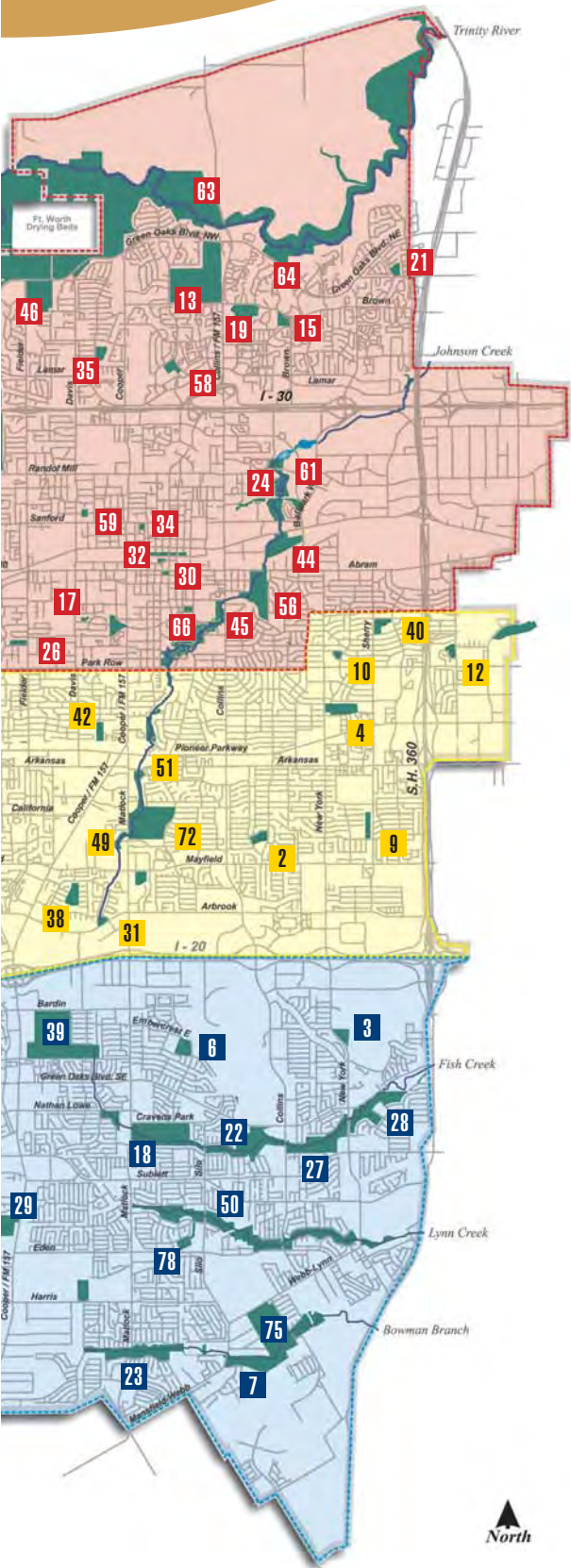
Arlington Parks

		Accessible facilities	Pavilion/Shelter	Picnic Area	Restrooms	Grill	Bike/Hike Trails	Golf Course	Equestrian Trails	Disc Golf	Horseshoes	Playground	Baseball/Softball League Fields	Basketball	Practice Field	Soccer League Fields	Tennis	Volleyball	Natural Area	Fishing	Splash Pad/Pool	Fitness Course
Allan Saxe Park 3501 Curry Road, 76017	1	•	•	•	•	•	•				•		•						•	•		
B.C. Barnes Park 3000 Daniel Drive, 76014	2		•	•	•	•					•		•									
Blackland Prairie 4907 New York Ave., 76018	3																		•			
Bob Cooke Park 2025 Craig Hanking Lane, 76010	4	•	•	•	•	•	•				•	•	•	•			•					
Bob Findlay Linear Park 900 Findlay Drive, 76012	5	•					•												•	•		
Bob McFarland Park 410 Embercrest Drive, 76018	6	•	•	•	•	•	•				•	•							•			
Bowman Branch Linear Park South Matlock Road, 76002	7																		•			
Bowman Springs Park 7003 Poly Webb Road, 76016	8	•	•	•	•	•	•				•	•	•							•		
Brantley Hinshaw Park 2121 Overbrook Drive, 76014	9	•	•	•	•	•	•				•	•	•	•							•	
Burl L. Wilkes Park 2000 Reeve Street, 76010	10	•	•	•	•	•					•		•									
California Lane Park 1931 California Lane, 76015	11	•	•	•	•	•	•				•	•	•						•	•		
Carl Knox, Jr. Park 1200 Susan Drive, 76010	12	•	•	•	•	•					•	•	•	•						•		
Chester W. Ditto Golf Course 801 Brown Blvd, 76001	13						•												•			
Clarence Foster Park 4400 Woodland Park Blvd., 76013	14	•	•	•	•	•	•				•										•	
Clarence Thompson Park 1600 Brown Blvd., 76011	15	•	•	•	•	•					•				•				•			
Cliff Nelson Park 4600 W Bardin Road, 76017	16	•	•	•	•	•	•				•						•		•	•		
College Hills Park 151 University Drive, 76013	17	•	•	•	•	•					•	•	•									
Cravens Park 400 Cravens Park Drive, 76002	18	•	•	•	•	•	•				•	•	•				•		•			
Crystal Canyon Natural Area 1000 Brown Blvd., 76006	19																		•			
Deaver Park 5800 Kelly Elliott Road, 76017	20	•	•	•	•	•	•				•	•	•	•						•		
Dixon W. Holman Park 2409 Burney Place, 76011	21	•	•	•	•	•	•				•								•	•		
Dog Park - Tails N Trails 900 SE Green Oaks Blvd, 76018	22	•					•															
Don Misenheimer Park 201 E Lonesome Dove Trail, 76002	23	•	•	•	•	•	•				•	•	•	•			•			•		
Dr. Robert Cluck Linear Park Randol Mill Rd. to Sanford St.	24						•												•			
Duncan Robinson Park 2100 W Tucker Street, 76013	25		•	•	•	•					•			•								
Fielder Park 1100 S Fielder Road, 76013	26	•	•	•	•	•					•	•	•	•			•					
Fish Creek Linear Park Including Cravens Park, 76018	27	•					•												•			
Fish Creek Neighborhood Park 2121 Havenwood Drive, 76018	28	•	•	•	•	•	•				•	•	•	•					•		•	
F.J. 'Red' Kane Park 6500 S Cooper Street, 76001	29	•	•	•	•	•	•				•	•	•	•					•	•		
Founders' Plaza / Levitt Pavilion 100 W Abram Street, 76010	30	•	•	•																		
Gateway Park Highpoint & Arbrook, 76014	31	•					•													•		
Gene Allen Park 121 W Main Street, 76010	32	•																				
Gene Schrickel, Jr. Park 3904 Carol Lane, 76017	33	•	•	•	•	•					•		•						•	•		
George Stevens Park 400 W Sanford Street, 76012	34	•	•	•	•	•					•	•						•				
Gibbins Park 2101 Margaret Drive, 76012	35	•	•	•	•	•	•				•	•	•									
Green Oaks Blvd. / Rush-Village Creek Trail Connection (From center line of I-30 to North end of Bob Findlay Lin. Park)	36						•													•		
Green Oaks Blvd. / Rush-Village Creek Trail Connection (From River Legacy Parks to center line of I-30)	37						•															
H.A.D. Dunsworth Park 1110 Waverly Drive, 76015	38	•	•	•	•	•					•		•									
Harold Patterson Sports Center 1000 W Bardin Road, 76017	39	•	•	•	•	•						•			•							

- North - Randol Mill
- Central - Pierce Burch
- South - Harold Patterson
- Parks



Conveniences & Activities



Accessible facilities	Pavilion/Shelter	Picnic Area	Restrooms	Grill	Bike/Hike Trails	Golf Course	Equestrian Trails	Disc Golf	Horseshoes	Playground	Baseball/Softball League Fields	Basketball	Practice Field	Soccer League Fields	Tennis	Volleyball	Natural Area	Fishing	Splash Pad/Pool	Fitness Course
40																				
41																				
42																				
43																				
44																				
45																				
46																				
47																				
48																				
49																				
50																				
51																				
52																				
53																				
54																				
55																				
56																				
57																				
58																				
59																				
60																				
61																				
62																				
63																				
64																				
65																				
66																				
67																				
68																				
69																				
70																				
71																				
72																				
73																				
74																				
75																				
76																				
77																				
78																				

Swimming

Welcome to the Learn to Swim Program

The City of Arlington's Learn to Swim program offers prospective swimmers of all ages the opportunity to enjoy swim lessons on weekends and weeknights! Weekend classes are offered Saturdays and Sundays over a period of ten weeks. Weekday lessons are on Monday and Wednesdays or Tuesday and Thursdays and run for five weeks. Our Learn to Swim program includes parent/tot, preschool and Red Cross certified swimming classes. We also offer private lessons for all ages. For more information or to register for the City of Arlington's Learn to Swim program, please call **Hugh Smith Indoor Pool at 817-275-0513.**

Indoor Pool Memberships

Annual Swim Pass

\$90 ages 2-11, \$100 ages 12-54, \$85 ages 55 & up*

Families who purchase three or more annual swim passes receive 20% off. To receive the discount, passes must be purchased in the same transaction.

Swim Punch System

\$20 - 8 punches, \$27 - 12 punches, \$48 - 24 punches

Pool/Weight Room Pass

Single: Monthly \$34, Annual \$200

Additional family members 20% off (Facility Card required)

*Senior rates already discounted, therefore 20% off additional family member does not apply.
Annual swim pass does not include admission to outdoor pools.

Water Aerobics

Aqua Exercise:

Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems.

Low Level Aqua Exercise:

Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems.

Deep Water Aqua Vest Exercise:

Includes deep water warm-up, serious aerobics, walking, jogging and cool down. Moderate to strenuous workout. Flotation belt provided.

Arthritis Aqua Exercise:

Program developed using Arthritis Foundation guidelines designed to maintain and increase joint mobility and reduce pain. You'll enjoy the group camaraderie as you play games and relax in 86 degree water.

\$5 - 1 class, \$30 - 8 classes, \$39 - 12 classes, \$69.60 - 24 classes

\$45 monthly unlimited land and water aerobic membership - see page 22. Facility Card required. Memberships good for one year. Free babysitting available.

All aqua classes accept pre- and postnatal students. Based on the American College of Obstetrics and Gynecologists guidelines. Inform your instructor at the first class whether you are pre- or postnatal. Physician's consent required.

Daily Admission Fees

Free for ages two and under.

\$3 ages 3-11 (Facility Card required)

\$3.50 ages 12 & up (Facility Card required)

\$6 guests (no Facility Card required)

Babysitting Times and Guidelines

Parents cannot leave the facility to run errands.

Parents must be actively participating in a class or the weight room at Hugh Smith while their child is in our care.

Children may not be left for more than one hour at a time.

Childcare providers do not change diapers. Please make sure that your child has a clean diaper before dropping him or her off. If your child needs a diaper changed while you are in fitness class or working out, staff will come and get you to attend to your child.

Please make sure that children are signed in and out of the childcare room.

**M/W/F 8:15-11:30am
M-Th 6-8pm**

Family Night!

Friday nights at Hugh Smith Indoor Pool are Family Night Swim!

Start your weekend off right by spending a night at the pool with your family! Admission is \$2.50 per person between 6-8pm!



Learn to Swim



Private Swim Lessons

Indoor Pool

One-on-one instruction provides the fastest progress possible due to the undivided attention of the instructor and individual lessons planned to meet that student's needs.

Age: 1-99			\$80 / 5 Classes	
Tu, Th	May 12	7:00pm-7:25pm	HSRC	100982
Tu, Th	May 12	8:30pm-8:55pm	HSRC	100986
Sa	Jun 6	9:00am-9:25am	HSRC	106873
Sa	Jun 6	10:00am-10:25am	HSRC	106875
Sa	Jun 6	12:15pm-12:40pm	HSRC	106881
Sa	Jun 6	12:30pm-12:55pm	HSRC	106877
Sa	Jun 6	12:30pm-12:55pm	HSRC	106879
Sa	Jul 18	9:00am-9:25am	HSRC	106874
Sa	Jul 18	10:00am-10:25am	HSRC	106876
Sa	Jul 18	12:15pm-12:40pm	HSRC	106882
Sa	Jul 18	12:30pm-12:55pm	HSRC	106878
Sa	Jul 18	12:30pm-12:55pm	HSRC	106880



Starfish

One parent or trusted adult along with the instructor teaches your child fun and fitness while learning water adjustment, games, songs, swimming skills, and safety in and out of the pool. Child must wear swim diaper and bathing suit. Facility Card required for child.

Age: 6-35 Months			\$56 / 10 Classes	
Sa	Jun 6	9:30am-9:55am	HSRC	105623
Sa	Jun 6	11:30am-11:55am	HSRC	105624
Su	Jun 7	12:30pm-12:55pm	HSRC	105625

Tadpole

This class encourages children age three to become comfortable in the water without a parent. Children enhance learning with interactive games and songs. Participants learn to blow bubbles in the water, how to float and basic arm movement.

Age: 3			\$56 / 10 Classes	
Sa	Jun 6	10:00am-10:25am	HSRC	106914
Su	Jun 7	1:00pm-1:25pm	HSRC	106941
Tu, Th	Jun 9	7:00pm-7:25pm	HSRC	106956

Guppy

This class is designed for the 3 year old preschool swimmer who has had prior experience in the water and can fully submerge and float independently on stomach. This class will focus on teaching your child front glides, propelling through the water with coordinated kicking and arm actions, holding their breath for 5-10 seconds, retrieving objects off the bottom of the pool and unassisted water entries and exits.

Prerequisite: Successful completion of Tadpole.

Age: 3			\$56 / 10 Classes	
Sa	Jun 6	11:00am-11:25am	HSRC	106916
Su	Jun 7	2:00pm-2:25pm	HSRC	106943
Tu, Th	Jul 14	7:00pm-7:25pm	HSRC	106960

Clownfish

This class is designed for our more timid preschool swimmers (4 & 5 years of age) who have never participated in swim lessons and do not possess a high comfort level in the water. This class will focus on helping your child establish independence in the water while beginning to build a basic foundation for swimming skills. Class size is limited to four students to allow individualized instruction.

Prerequisite: None

Age: 4-5			\$56 / 10 Classes	
Sa	Jun 6	11:45am-12:10pm	HSRC	106939
Sa	Jun 6	12:00pm-12:25pm	HSRC	106931
Su	Jun 7	12:00pm-12:25pm	HSRC	106940
Tu, Th	Jun 9	7:30pm-7:55pm	HSRC	106957

Dolphin

This class is designed for the 4-5 year old preschool swimmer who has had prior experience in the water and can fully submerge and float independently on stomach and back. This class will focus on teaching your child front and back glides, propelling through the water with coordinated kicking and arm actions, holding breath for 5-10 seconds, retrieving objects off the bottom of the pool, rhythmic breathing and unassisted water entries and exits.

Prerequisite: Successful completion of Clownfish.

Age: 4-5			\$56 / 10 Classes	
Sa	Jun 6	9:30am-9:55am	HSRC	106918
Sa	Jun 6	10:30am-10:55am	HSRC	106915
Sa	Jun 6	12:00pm-12:25pm	HSRC	106917
Su	Jun 7	1:30pm-1:55pm	HSRC	106942
Tu, Th	Jul 14	7:30pm-7:55pm	HSRC	106961

Swimming

Level 1 - Water Exploration

Students will be taught beginning skills such as fully submerging face in water, supported float on front and back, experiencing buoyancy, moving comfortably through water and entering and exiting water independently. Excellent class for those who have had little exposure to the water.

Prerequisite: None.

Age: 6-12		\$56 / 10 Classes	
Sa	Jun 6	9:00am-9:25am	HSRC 105874
Sa	Jun 6	11:15am-11:40am	HSRC 105876
Sa	Jun 6	12:00pm-12:25pm	HSRC 105875
Sa	Jun 6	12:30pm-12:55pm	HSRC 105873
Su	Jun 7	2:30pm-2:55pm	HSRC 105877
Su	Jun 7	12:00pm-12:25pm	HSRC 105878
M, W	Jun 8	8:00pm-8:25pm	HSRC 105879
M, W	Jul 13	8:00pm-8:25pm	HSRC 105880

Level 2 - Primary Skills

Students will retrieve objects under water, demonstrate unsupported float, perform flutter kicks, rhythmic breathing and become familiar with rescue breathing.

Prerequisite: Level 1 completion of skills.

Age: 6-12		\$56 / 10 Classes	
Sa	Jun 6	9:00am-9:40am	HSRC 106932
Sa	Jun 6	10:30am-11:10am	HSRC 106919
Sa	Jun 6	11:15am-11:55am	HSRC 106935
Su	Jun 7	12:45pm-1:25pm	HSRC 106948
Su	Jun 7	2:00pm-2:40pm	HSRC 106946
M, W	Jun 8	8:00pm-8:40pm	HSRC 106951
Tu, Th	Jun 9	8:00pm-8:40pm	HSRC 106959
Tu, Th	Jul 14	8:00pm-8:40pm	HSRC 106962

Level 3 - Stroke Readiness

Students will learn bobbing, beginning diving, gliding, front/back crawl, elementary backstroke, treading water, reverse swimming direction, H.E.L.P. and huddle positions, and rescue breathing.

Prerequisite: Level 2 completion of skills.

Age: 6-12		\$56 / 10 Classes	
Sa	Jun 6	9:00am-9:40am	HSRC 106936
Sa	Jun 6	9:45am-10:25am	HSRC 106933
Sa	Jun 6	11:15am-11:55am	HSRC 106930
Su	Jun 7	12:30pm-1:10pm	HSRC 106944
Su	Jun 7	1:30pm-2:10pm	HSRC 106949
Tu, Th	Jun 9	8:00pm-8:40pm	HSRC 106958
M, W	Jul 13	8:00pm-8:40pm	HSRC 106955
Tu, Th	Jul 14	8:00pm-8:40pm	HSRC 106963

Level 4 - Stroke Development

Students will learn deep water bobbing, rotary breathing, diving, endurance building, backstroke, front & back crawl at increased distances, breaststroke, side stroke, turns, alternate kicks, rescue breathing, CPR familiarity, etc.

Prerequisite: Level 3 completion of skills.

Age: 6-12		\$56 / 10 Classes	
Sa	Jun 6	10:30am-11:10am	HSRC 106934
Sa	Jun 6	9:45am-10:25am	HSRC 106937
Su	Jun 7	1:15pm-1:55pm	HSRC 106945
Su	Jun 7	12:00pm-12:40pm	HSRC 106947
M, W	Jun 8	8:00pm-8:40pm	HSRC 106953
M, W	Jul 13	8:00pm-8:40pm	HSRC 106973

Level 5 - Stroke Refinement

Students will learn deep water bobbing, rotary breathing, dive from side of pool, build endurance, learn the basics of breast stroke, sidestroke, turning at the wall, alternating kicks for treading water, rescue breathing techniques, etc.

Prerequisite: Demonstrate Level 4 competency during the first class.

Age: 6-12		\$56 / 10 Classes	
Sa	Jun 6	10:30am-11:10am	HSRC 106938
Su	Jun 7	2:15pm- 2:55pm	HSRC 106950

Beginning Swimming – Adult

Beginner level class introduces crawl stroke, gliding, kicks, deep water swimming and survival floating.

Age: 18 and up		\$56/ 10 Classes	
M, W	Jun 8	8:30pm-9:10pm	HSRC 106952

Teen Swim Lessons

This class is designed for teens, ages 13 thru 17, who have little or no knowledge of swimming or want to improve their swimming strokes.

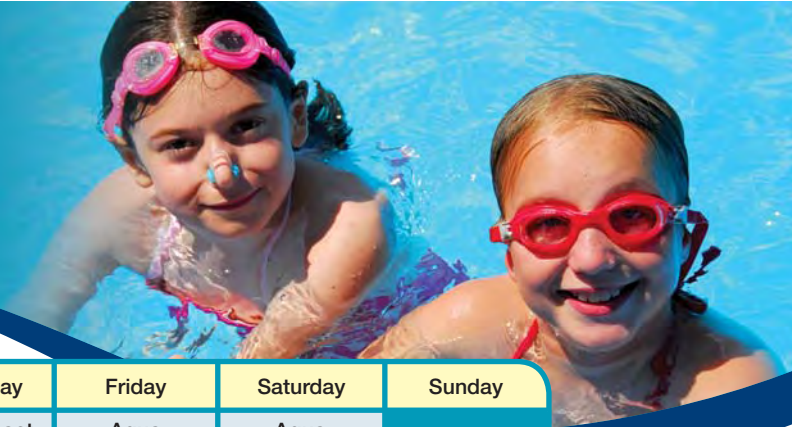
Prerequisite: None.

Age: 13-17		\$56 / 10 Classes	
M, W	Jul 13	8:30pm-9:10pm	HSRC 106954

Note: Dates listed are session starting dates. If a class is cancelled for any reason we will try to make up time. However, if for some reason this is not possible a session is considered complete if 8 of 10 classes are taught.
No classes Sat. 7-4-09 and Sun. 7-5-09 due to 4th of July.

Hugh Smith Indoor Pool

Summer Schedule – June 6 - September 1



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00	Aqua Exercise	Low Impact Aqua Exercise	Aqua Exercise	Low Impact Aqua Exercise	Aqua Exercise	Aqua Exercise		
8:30								
9:00	Aqua Exercise	Arthritis Aqua Exercise & Lap Swim	Aqua Exercise	Arthritis Aqua Exercise & Lap Swim	Aqua Exercise	Swim Lessons		
9:30								
10:00	Open Swim (seniors and adults with preschoolers only)							
10:30								
11:00								
11:30								
11:45	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons			
12:00								
12:15	Arthritis Aqua Exercise	Lap Swim	Arthritis Aqua Exercise	Arthritis Aqua Exercise		Swim Lessons		
12:30								
12:45								
1:00	Open Swim	Open Swim	Open Swim	Open Swim			Open Swim	Swim Lessons
1:15								
1:30								
2:00								
2:30								
3:00								
3:30	Swim Team				Open Swim	Open Swim		
4:00								
4:30								
5:00								
5:30	Family Night	Private Rentals	Private Rentals	Private Rentals	Private Rentals	Private Rentals		
6:00								
6:30								
7:00								
7:30								
8:00								
8:30								

Hugh Smith Indoor Pool
1815 New York Ave. **817-275-0513**



www.NaturallyFun.org



Outdoor Pools

Allen Bolden Pool **

This L-shaped 50 meter pool meets the needs of virtually every swim enthusiast. It features low and high diving boards and zero depth entry. Also available on site are concessions, six shade structures and a large grass campus.

Location: Vandergriff Park
2800A S. Center Street
817-472-8950

Public Swim: Mon, Tues, Thurs, Fri 12-6pm; Sat 12-7pm;
Sun 1-6pm; Closed Wednesday

Bad Königshofen Family Aquatic Center *

A great value for the entire family, it includes an interactive spray pad and shallow water play pool, lap pool, diving area and two water slides as well as concessions, storage lockers, shower facilities, deck furniture and a shade pavilion.

Location: SJ Stovall Park
2800 W. Sublett Road
817-459-5223

Public Swim: Mon, Wed-Sat 12-7pm; Sun 1-6pm; Closed Tuesday

Helen Wessler Play Pool ***

Designed for children ages 7 years and younger it includes an interactive water structure, family changing room, shade structures and small grass areas. Limited drink and snack concessions available.

Location: Helen Wessler Park
2310 Greenway Street, 76010
817-275-7561

Public Swim: Tues-Sun 1-6pm; Closed Monday

Howard Moore Play Pool **

Designed for children ages 7 years and younger it includes an interactive water structure, family changing room, shade umbrellas and small grass areas. Limited drink and snack concessions available.

Location: Howard Moore Park
1999 Bever Boulevard
817-275-0712

Public Swim: Mon, Wed, Thurs, Fri 10am-6pm; Sat 12-6pm;
Sun 1-6pm; Closed Tuesday

Randol Mill Family Aquatic Center *

Aquatic recreation for everyone, it includes interactive recreation elements such as a shallow water play structure vortex pool, current channel, waterslide and tot and leisure areas. There are two shade pavilions, shower facilities, deck furniture and concessions.

Location: Randol Mill Park
1924 Randol Mill Park Road
817-275-7542

Public Swim: Mon, Tues, Thurs-Sat 12-7pm; Sun 1-6pm;
Closed Wednesday

Woodland West Pool ***

A neighborhood pool featuring shaded areas and grass, the back wall of the pool is elevated and is a great place to jump off and make big splashes. It features a large shallow end for young children. Services include swimming lessons and facility rentals.

Location: Woodland West Park
3200 Norwood Lane, 817-277-0582

Public Swim: Tues-Fri 12-6 pm; Sat 12-7pm; Sun 1-6pm;
Closed Monday

*Opening Date May 23, **Opening Date May 30, ***Opening Date June 6
For additional information go to www.naturallyfun.org.

Aquatic Swim Passes

Seasonal Swim Passes are good at outdoor pools from Memorial Day weekend through Labor Day weekend. Passes are sold at all City of Arlington swimming pools. Only cash and credit cards are accepted at the outdoor pools. Quantities are limited so purchase today for a summer of fun in the sun! For more information about passes, call 817-459-5462.

Infants (12 months and under).....	Free
Under 48 inches.....	\$50
48 inches and above.....	\$60



Make a Splash



Have a Splashing Good Time and Rent a Pool for your Next Party!

Hugh Smith Indoor Pool is available to rent for private parties, family gatherings, etc. The availability of rental time depends upon the pool's operating hours. Lifeguards are provided for all rentals. To book the indoor pool, please call 817-275-0513. Rental fee of \$135 includes up to 40 people for two hours. A \$25 fee is added for each additional 40 people. One-hour increments may be added at half the total applicable rental fee. Seven days notice is required to book the indoor pool.



Year Round Swim Team at Hugh Smith Recreation Center

Take the next logical step after swim lessons and join the swim team.

- Low Monthly Cost
- Financial Assistance Available
- Professional Fulltime Staff

Serving the Community for more than 23 Years



Make a Splash!

Join us for a fun-filled day of activities and water safety education. Enjoy safety talks, swimming and scuba demonstrations, educational videos and pool time for everyone. The event is free and open to the public. For more information call 817.459.5481 or visit www.naturallyfun.org.

Celebrate the Importance of Water Safety



May 16, 2009, 10 am – 2 pm.
Allen Bolden Pool in Vandergriff Park, 2800A S. Center Street



The MARS Foundation through the Make a Splash Arlington is offering Learn to Swim scholarships for low income families. For application and more information please visit www.marswim.org or call at Suzanne 214-793-4773.



Acting and Theatre

Have a blast learning about developing characters, emotions, plot, stage direction and many other important aspects of Acting and Theatre. The class will present a short skit at the end of the session.

Age: 8-12		\$30 / 4 Classes	
Tu	Jun 2	5:00pm-5:50pm	DLRC 108473
Tu	Jul 7	5:00pm-5:50pm	DLRC 108474
Tu	Aug 4	5:00pm-5:50pm	DLRC 108475

Bead Jewelry

This class will introduce the student to different materials and tools used to make creative whimsical jewelry out of beads. Once familiar with the tools used and the types of basic materials, the instructor will introduce fun ideas with the materials available. The class is designed to let the student maximize their creativity as well as get them to create their own styles. Each week a new project is introduced. Outside materials may be required.

Age: 15 and up		\$50 / 4 Classes	
Sa	May 9	10:00am-11:30am	HSRC 105077
Sa	Jun 6	10:00am-11:30am	HSRC 105078
Sa	Jul 11	10:00am-11:30am	HSRC 105079
Sa	Aug 8	10:00am-11:30am	HSRC 105080

Chinese Brush Painting / Watercolor

Chinese brush painting is a style of painting that requires practice and patience. The student will be introduced to the history of the art and to basic brush stroke techniques and how to get started.

Age: 12-15		\$30 / 4 Classes	
Sa	May 9	12:00pm-1:30pm	HSRC 105173
Sa	Jun 6	12:00pm-1:30pm	HSRC 105174
Sa	Jul 11	12:00pm-1:30pm	HSRC 105175
Sa	Aug 8	12:00pm-1:30pm	HSRC 105176

Note: Dates listed are session starting dates.

Cartooning

Draw your own cartoons! You will learn how to draw facial expressions, movement and word balloons.

Age: 6-12		\$35 / 4 Classes	
Tu	May 12	6:10pm-7:00pm	HSRC 110678
Tu	Jun 2	6:10pm-7:00pm	HSRC 108578
Tu	Jul 7	6:10pm-7:00pm	HSRC 108579
Tu	Aug 4	6:10pm-7:00pm	HSRC 108580

Clay Creations

Bring your imagination to life as you sculpt an assortment of animals and people out of clay. We will use modeling clay, play dough, homemade clay and more. Prepare to get messy in this hands-on experience!

Age: 6-12		\$30 / 4 Classes	
Tu	Jun 2	6:00pm-6:50pm	DLRC 108932
Tu	Jul 7	6:00pm-6:50pm	DLRC 108933
Tu	Aug 4	6:00pm-6:50pm	DLRC 108934

Beginning Drawing

Drawing begins with using shapes, shading and texture. Come see how!

Age: 6 and up		\$35 / 4 Classes	
M	Jun 1	5:00pm-6:00pm	DLRC 108929
M	Jul 6	5:00pm-6:00pm	DLRC 108930
M	Aug 3	5:00pm-6:00pm	DLRC 108931

Drawing for Fun

Learn the basics using shapes, lines, shadows and textures with both pencil and color.

Age: 6-12		\$30 / 4 Classes	
M	May 4	6:10pm-7:00pm	HSRC 104323
M	Jun 1	6:10pm-7:00pm	HSRC 104324
M	Jul 6	6:10pm-7:00pm	HSRC 104325
M	Aug 3	6:10pm-7:00pm	HSRC 110681

Drawing and Painting

Children need to be encouraged to draw and to develop color awareness. Opportunities will be provided to allow children to draw from real objects with lots of guidance. Old clothes and/or smocks are recommended.

Age: 6-12		\$35 / 4 Classes	
W	Jun 3	5:00pm-6:00pm	CNRC 108623
W	Jul 8	5:00pm-6:00pm	CNRC 108625
W	Aug 5	5:00pm-6:00pm	CNRC 108626

Krafty Kids

Come join us for creative FUN! Use your hands and imagination to create a variety of messy crafts! Please wear old clothes.

Age: 3-5		\$30 / 4 Classes	
W	May 6	6:00pm-6:30pm	HSRC 104329
W	Jun 3	11:00am-11:30am	DLRC 104326
W	Jun 3	6:00pm-6:30pm	HSRC 104330
Sa	Jun 6	11:00am-11:30am	DLRC 109426
W	Jul 8	11:00am-11:30am	DLRC 104327
W	Jul 8	6:00pm-6:30pm	HSRC 104331
Sa	Jul 11	11:00am-11:30am	DLRC 109427
W	Aug 5	11:00am-11:30am	DLRC 104328
W	Aug 5	6:00pm-6:30pm	HSRC 110683
Sa	Aug 8	11:00am-11:30am	DLRC 109428

Messy Marvins

Come enjoy a class where it's okay for everyone to be messy. We will get our hands involved in all types of craft projects. This is a parent participation class. The projects are different from those in Ooey-Gooley Art. Please wear old clothes.

Age: 2-3		\$30 / 4 Classes	
M	May 4	5:30pm-6:00pm	HSRC 104473
M	May 4	10:30am-11:00am	EORC 108741
M	Jun 1	5:30pm-6:00pm	HSRC 104474
Tu	Jun 2	10:30am-11:00am	DLRC 108523
M	Jun 1	10:30am-11:00am	EORC 108742
M	Jul 6	5:30pm-6:00pm	HSRC 104475
Tu	Jul 7	10:30am-11:00am	DLRC 108524
M	Jul 6	10:30am-11:00am	EORC 108743
M	Aug 3	10:30am-11:00am	EORC 108744
M	Aug 10	5:30pm-6:00pm	HSRC 104476

Ooey-Gooley Art

Clay play, finger paints, Plaster of Paris, papier mache and all things ooey and gooley. Parents must stay for the fun. Please wear old clothes.

Age: 2-3		\$30 / 4 Classes	
M	Jun 1	10:00am-10:30am	DLRC 108525
Sa	Jun 6	9:30am-10:00am	CNRC 108627
M	Jul 6	10:00am-10:30am	DLRC 108526
Sa	Jul 11	9:30am-10:00am	CNRC 108628
M	Aug 3	10:00am-10:30am	DLRC 108527
Sa	Aug 8	9:30am-10:00am	CNRC 108629

Register online at:



www.NaturallyFun.org

Jewelry Making

Create your own piece of jewelry each class! Participants will work with different types of materials including beads and thread.

Age: 6-12		\$40 / 4 Classes	
W	Jun 3	5:30pm-6:30pm	DLRC 108926
W	Jul 8	5:30pm-6:30pm	DLRC 108927
W	Aug 5	5:30pm-6:30pm	DLRC 108928

Painting

Learn about mixing color, brush techniques, composition and more as we experiment with acrylic and watercolor in fun ways! Old clothes recommended.

Age: 6 and up		\$45 / 4 Classes	
M	Jun 1	7:00pm-8:00pm	CNRC 109123
W	Jun 3	6:00pm-7:00pm	DLRC 108923
M	Jul 6	7:00pm-8:00pm	CNRC 109124
W	Jul 8	6:00pm-7:00pm	DLRC 108924
M	Aug 3	7:00pm-8:00pm	CNRC 109125
W	Aug 5	6:00pm-7:00pm	DLRC 108925

Young Rembrandts Cartoon Drawing Class

Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor and their vivid imaginations.

Age: 6-12		\$45 / 4 Classes	
M	May 4	6:00pm-7:00pm	CNRC 110573
M	Jun 1	6:00pm-7:00pm	CNRC 109126
M	Jul 6	6:00pm-7:00pm	CNRC 109127
M	Aug 3	6:00pm-7:00pm	CNRC 109128

Young Rembrandts Preschool Drawing Class

Young students are so eager to learn, and a joy to teach. Young Rembrandts instructors provide a nurturing and strong learning environment that expands Preschoolers' image vocabulary as they draw familiar images such as fish, teddy bears, rainbows and cowboys. We concentrate on the skills of drawing and coloring while developing fine motor skills, focus, listening, staying on task, patience and spatial organization.

Age: 3-5		\$45 / 4 Classes	
M	May 4	5:15pm-6:00pm	CNRC 110574
M	Jun 1	5:15pm-6:00pm	CNRC 109129
M	Jul 6	5:15pm-6:00pm	CNRC 109130
M	Aug 3	5:15pm-6:00pm	CNRC 109131

Dance



Classical Ballet - Preschool

Learn grace, coordination, balance and strength while learning ballet positions, jumps and combinations. Ballet shoes required.

Age: 3-5		\$30 / 4 Classes	
Th	Jun 4	4:00pm-4:50pm	DLRC 108935
Th	Jul 9	4:00pm-4:50pm	DLRC 108936
Th	Aug 6	4:00pm-4:50pm	DLRC 108937

Ballet & Tap - Preschool

Learn beginning classical ballet and tap. Class will devote equal time to both styles of dance. Ballet and Tap shoes required.

Age: 3-5		\$30 / 4 Classes	
Th	Jun 4	5:00pm-5:50pm	DLRC 108939
Th	Jun 4	5:00pm-5:50pm	CNRC 109143
Sa	Jun 6	9:00am-9:50am	CNRC 110586
Sa	Jun 6	9:30am-10:20am	DLRC 108942
Th	Jul 9	5:00pm-5:50pm	DLRC 108940
Th	Jul 9	5:00pm-5:50pm	CNRC 109147
Sa	Jul 11	9:00am-9:50am	CNRC 110587
Sa	Jul 11	9:30am-10:20am	DLRC 108943
Th	Aug 6	5:00pm-5:50pm	DLRC 108941
Th	Aug 6	5:00pm-5:50pm	CNRC 109148
Sa	Aug 8	9:00am-9:50am	CNRC 110588
Sa	Aug 8	9:30am-10:20am	DLRC 108944

Ballet & Tap - Preschool

Intermediate

Improve on beginning skills and learn intermediate forms. Ballet and Tap shoes required.

Age: 4-6		\$30 / 4 Classes	
Sa	Jun 6	11:30am-12:20pm	DLRC 108952
Sa	Jul 11	11:30am-12:20pm	DLRC 108953
Sa	Aug 8	11:30am-12:20pm	DLRC 108954

Hip Hop Dance Class

Have a great time learning Hip Hop dance! This class will teach you all the latest and hottest dance steps. It's a great workout too!

Age: 8-17		\$30 / 4 Classes	
Tu	Jun 2	5:00pm-5:50pm	CNRC 109161
Tu	Jul 7	5:00pm-5:50pm	CNRC 109162
Tu	Aug 4	5:00pm-5:50pm	CNRC 109163

Ballet & Tap - Elementary

Learn beginning classical ballet and tap. Class will devote equal time to both styles of dance. Ballet and Tap shoes required.

Age: 6-12		\$30 / 4 Classes	
Th	Jun 4	6:00pm-6:50pm	CNRC 109132
Sa	Jun 6	10:00am-10:50am	CNRC 110589
Sa	Jun 6	10:30am-11:20am	DLRC 108949
Th	Jul 9	6:00pm-6:50pm	CNRC 109136
Sa	Jul 11	10:00am-10:50am	CNRC 110590
Sa	Jul 11	10:30am-11:20am	DLRC 108950
Th	Aug 6	6:00pm-6:50pm	CNRC 109137
Sa	Aug 8	10:00am-10:50am	CNRC 110591
Sa	Aug 8	10:30am-11:20am	DLRC 108951

Ballet & Tap - Elementary

Intermediate

Improve on beginning skills and learn intermediate forms. Ballet and Tap shoes required.

Age: 6-12		\$30 / 4 Classes	
Sa	Jun 6	12:30pm-1:20pm	DLRC 108955
Sa	Jul 11	12:30pm-1:20pm	DLRC 108956
Sa	Aug 8	12:30pm-1:20pm	DLRC 108957

Jo-Ann's Little Dancers

Enrollment is ongoing for this dance program offered to you at CNRC & HSRC. We have partnered with Jo-Ann's Little Dancers to offer a great program for your preschooler to learn the art of ballet and tap.

Age: 3-5		\$35 / 4 Classes	
Fri	May	11:30am-12:15pm	CNRC
Fri	May	5:15pm-6:00pm	HSRC
Fri	May	6:15pm-7:00pm	HSRC

Age: 6-12		\$35 / 4 Classes	
Fri	May	7:15pm-8:00pm	HSRC

Please contact Jo-Ann Ingram for more information or to register at 817-498-8616. You may register at Hugh Smith for classes held at HSRC.

Adult Jazz

Hey adults, if you're looking for a class that really moves, here it is! Learn jazz squares, leaps, attitudes and combination steps all while getting a great workout!

Age: 16 and up		\$30 / 4 Classes	
W	Jun 3	7:00pm-7:50pm	CNRC 109165
W	Jul 8	7:00pm-7:50pm	CNRC 109166
W	Aug 5	7:00pm-7:50pm	CNRC 109167

Dance

Jazz - Elementary

If you're looking for a class that really moves, here it is! Students are taught jazz squares, leaps, attitudes and combination steps.

Age: 6-12		\$30 / 4 Classes	
W	Jun 3	6:00pm-6:50pm	CNRC 109149
W	Jul 8	6:00pm-6:50pm	CNRC 109150
W	Aug 5	6:00pm-6:50pm	CNRC 109151

Rhythm Motion

Join us for beginning Latin dance. This class will focus on the sizzling upbeat dance moves found in the Salsa, Merengue, Bachata, Cha Cha, Mambo and Samba.

\$29/individual or \$55/couple

Age: 13 and up		6 Classes	
Th	Jun 4	7:00pm-8:00pm	CNRC 109169
Th	Jul 16	7:00pm-8:00pm	CNRC 109170

Swing N Jive

Join us for a swingin' good time! In this class participants learn the basics of Swing, Jitterbug, Jive and Polka.

\$29/individual or \$55/couple

Age: 13 and up		6 Classes	
Th	Jun 4	8:00pm-9:00pm	CNRC 109171
Th	Jul 16	8:00pm-9:00pm	CNRC 109172

Country & Western Dance

Learn the 2-Step, 3-Step, Double 2-Step, Country Waltz, Cotton-Eyed Joe, Schothische, Texas Polka and Line dance. Instructors: Peggy & Chuck Keim.

\$29/individual or \$55/couple

Age: 13 and up		6 Classes	
M	Jun 1	8:00pm-9:00pm	CNRC 109160
M	Jul 13	8:00pm-9:00pm	CNRC 109159

Adult Tap

This fun class will teach the basics of tap dancing. If you're interested in learning a new dance, or honing old skills while enjoying a fun workout, join us for this class.

Age: 16 and up		\$30 / 4 Classes	
Tu	Jun 2	8:00pm-8:50pm	CNRC 109173
Tu	Jul 7	8:00pm-8:50pm	CNRC 109174
Tu	Aug 4	8:00pm-8:50pm	CNRC 109175

Beginning Belly Dancing

Beginner

Join this 8 week class which concentrates on a specific branch of American Tribal Dance. The class will include technique and an in-depth lesson.

Age: 16 and up		\$40 / 8 Classes	
Tu	Jun 23	7:30pm-8:15pm	EORC 108723
Tu	Aug 18	7:30pm-8:15pm	EORC 108724

Belly Dancing

Intermediate

The class focuses on mastering the techniques of American Tribal Dance.

Age: 12 and up		\$40 / 8 Classes	
Tu	Jun 23	8:15pm-9:00pm	EORC 108726
Tu	Aug 18	8:15pm-9:00pm	EORC 108727

Ballroom Dance

Come and join us for a night of social dancing. Learn different forms of dance including the Fox Trot, Waltz, Swing, Push, Jitterbug, Rumba, Mambo, Cha Cha, Tango, Samba, Salsa and Merengue. Instructors: Peggy & Chuck Keim.

\$29/individual or \$55/couple

Beginner

Age: 13 and up		6 Classes	
W	Jun 3	7:00pm-8:00pm	CNRC 109155
W	Jul 15	7:00pm-8:00pm	CNRC 109156

Advanced

Age: 13 and up		6 Classes	
W	Jun 3	8:00pm-9:00pm	CNRC 109157
W	Jul 15	8:00pm-9:00pm	CNRC 109158

Register online at:



www.NaturallyFun.org

Private Lessons

We offer private lessons in a variety of sports, fitness and art activities. Arrange time between instructor and student. Call CNRC, DLRC, HSRC or EORC for more information and pricing.



Music Classes

Beginning Percussion

Open to students with little or no previous percussion training. Note-reading and basic percussion playing techniques are taught. Students should bring their own drum sticks to class each week.

Age: 7 and up			\$69 / 8 Classes	
W	May 27	7:00pm-7:50pm	EORC	108731
W	Jul 29	7:00pm-7:50pm	EORC	108732

Guitar Level 1

Learn basic guitar chords, strumming techniques, tuning and care of the guitar. Emphasis is on the guitar as accompaniment and will include simple guitar solos. Bring guitar to class.

Age: 8 and up			\$52 / 6 Classes	
W	May 27	6:00pm-6:50pm	EORC	108729
Tu	Jun 2	7:30pm-8:20pm	CNRC	109177
Th	Jun 4	6:00pm-6:50pm	DLRC	108959
Sa	Jun 6	1:00pm-1:50pm	CNRC	109179
Tu	Jul 14	7:30pm-8:20pm	CNRC	109178
Th	Jul 16	6:00pm-6:50pm	DLRC	108958
Sa	Jul 18	1:00pm-1:50pm	CNRC	109180
W	Jul 29	6:00pm-6:50pm	EORC	108730

Guitar Level 2

A continuation of Guitar 1 skills. Bring guitar to class.

Age: 8 and up			\$52 / 6 Classes	
Th	Jun 4	7:00pm-7:50pm	DLRC	108960
Th	Jul 16	7:00pm-7:50pm	DLRC	108961

Keyboarding - Level A

Learn beginning skills: notes and their time values, fingering, simple songs, etc. The class is taught using an electric keyboard. Fee includes piano book. A keyboard or piano for home practice is recommended.

Age: 6-15			\$45 / 4 Classes	
Th	May 7	7:10pm-8:00pm	HSRC	104332
Sa	May 9	9:10am-10:00am	HSRC	104333
Th	Jun 4	7:10pm-8:00pm	HSRC	104334
Sa	Jun 6	9:10am-10:00am	HSRC	104335
Th	Jul 9	7:10pm-8:00pm	HSRC	104336
Sa	Jul 11	9:10am-10:00am	HSRC	104337



Keyboarding - Level B

Age: 6-16			\$45 / 4 Classes	
Sa	May 2	10:10am-11:00am	HSRC	104373
Sa	Jun 6	10:10am-11:00am	HSRC	104374
Sa	Jul 11	10:10am-11:00am	HSRC	104375

Keyboarding - Level C

Age: 6-16			\$45 / 4 Classes	
Sa	May 2	11:10am-12:00pm	HSRC	104376
Sa	Jun 6	11:10am-12:00pm	HSRC	104377
Sa	Jul 11	11:10am-12:00pm	HSRC	104378

Register online at:



www.NaturallyFun.org

Music

Music, Motion & Movement

Let's get into motion and cause some commotion! Clapping, rolling and dancing to music is a great way to begin developing coordination, rhythm and other fine motor skills. Toddlers love it! It's a great way to start the day. Parent must attend and participate throughout the program.

Age: 1-3		\$30 / 4 Classes			
Tu	May 5	9:30am-10:00am	HSRC	104483	
Tu	Jun 2	9:30am-10:00am	DLRC	104480	
Tu	Jun 2	9:30am-10:00am	HSRC	104484	
Tu	Jul 7	9:30am-10:00am	DLRC	104481	
Tu	Jul 7	9:30am-10:00am	HSRC	104485	
Tu	Aug 4	9:30am-10:00am	DLRC	104482	

Beginning Piano Private Lessons



Learn piano basics including form, technique and reading music in a private class that works at the speed and skill level of each individual student. Students learn on a full size, weighted key digital piano.

Classes are held at Dottie Lynn Recreation Center on Friday afternoons and Saturdays from 9am-1pm in 30 minute sessions.

\$52/month. Call 817-277-5001 for more information!

817-277-5001

Shake, Rattle & Grow

Bring your toddler to this fast movin', music playin', toe tappin' class. Class will concentrate on movement, rhythm and interaction with you and other participants in the class. We will involve colors, bubbles, musical instruments and well-known upbeat music that will get everyone movin' and groovin'. Parents must attend and participate throughout the program.

Age: 1-3		\$30 / 4 Classes			
Th	May 7	11:00am-11:30am	HSRC	104477	
W	May 6	10:00am-10:30am	EORC	108733	
Th	Jun 4	11:00am-11:30am	HSRC	104478	
W	Jun 3	10:00am-10:30am	EORC	108734	
Th	Jun 4	11:00am-11:30am	DLRC	108962	
Sa	Jun 13	10:30am-11:00am	DLRC	109423	
W	Jul 1	10:00am-10:30am	EORC	108735	
Th	Jul 9	11:00am-11:30am	HSRC	104479	
Th	Jul 9	11:00am-11:30am	DLRC	108963	
Sa	Jul 11	10:30am-11:00am	DLRC	109424	
W	Aug 5	10:00am-10:30am	EORC	108736	
Th	Aug 6	9:30am-10:00am	DLRC	108964	
Sa	Aug 8	10:30am-11:00am	DLRC	109425	



Super Singers

Love to sing? Check out this class where we will learn the Do Re Mi's of music. We will learn to vocalize and read music.

Age: 6-12		\$35 / 4 Classes			
W	Jun 3	6:00pm-7:00pm	CNRC	109181	
W	Jul 8	6:00pm-7:00pm	CNRC	109185	
W	Aug 5	6:00pm-7:00pm	CNRC	109186	

Fitness Plus Membership

Unlimited Fitness Plus classes and weight room for \$30 a month, \$165 for 6 months or \$300 annually.

Includes indoor track, fitness room skating and rock climbing at EORC.

Boot Camp

Age: 14 and up

M	6:15pm-7:15pm	DLRC
T, Th	7:00pm-8:00pm	CNRC

Step Aerobics

Age: 14 and up

M, W, F	9:15am-10:30am	CNRC
Tu, Th	9:30am-10:45am	CNRC
M, W	6:00pm-7:15pm	CNRC
Th, W	6:30pm-7:30pm	DLRC
Sa	9:30am-10:30am	DLRC
M, W, F	9:30am-10:30am	HSRC

Elzie Odom Recreation Center

Age: 14 and up

M	6:00am-6:45am	Total Body Conditioning
M	5:45pm-6:30pm	Body "Booty" Camp
M	6:30pm-7:30pm	Step & Body Sculpting
Tu	6:00pm-6:30pm	Strength & Tone
Tu	6:30pm-7:30pm	Instructor's Choice
W	6:00pm-6:20pm	Core Abs & Legs Cond.
W	6:30pm-7:30pm	Step
W	6:00am-6:50am	Body "Booty" Camp
Th	6:00pm-6:20pm	Abs Attack
Th	6:30pm-7:30pm	Instructor's Choice
Sa	9:00am-10:00am	Step & Conditioning
Sa	10:00am-10:30am	Strength & Tone

Senior Cardio

Increase your cardiovascular fitness level with non-impact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of this class.

M, W, F	8:15am-9:15am	CNRC
---------	---------------	------

Sculpting & Toning

This overall body conditioning class is designed to increase strength and sculpt and tone all major muscle groups. Participants will learn proper form with use of free weights, body weight and band exercises.

Age: 14 and up

Tu, Th	11:00am – 12:00pm	CNRC
--------	-------------------	------

Low Impact Aerobics

Age: 14 and up

M, W, F	10:30am-11:30am	CNRC
---------	-----------------	------

SRCE Weight Room Memberships and Hours

Monthly.....	\$12
Annual.....	\$120
Monthly Matinee hour special Mon-Fri, 1-3pm only.....	\$8
Day passes available.	

SRCE

M, Th, F	8:30am-10:00pm
Tu, W	8:30am-5:00pm

SRCNY (HSRC)

M-F	8:30am-9:00pm
Sa	9:00am-6:00pm

For mature adult fitness classes 63.

Zumba

A blend of Latin Rhythms and easy to follow dance moves.

Age: 14 and up

M, F	8:15am-9:15am	DLRC
T	6:30pm-7:30pm	DLRC
T, Th	6:00pm-7:00pm	CNRC
T, Th	11:00am-12:00pm	HSRC
Sa	9:30am-10:30am	HSRC

Land & Water Fitness Membership

Unlimited land and water fitness membership includes yoga, aerobics, water aerobics (at Hugh Smith Indoor Pool) and fitness room. Ages 14 and up, \$45 / month.

Fitness Plus Membership

Fitness Plus Membership

Unlimited Fitness Plus classes and weight room for \$30 a month, \$165 for 6 months or \$300 annually.

Includes indoor track, fitness room skating and rock climbing at EORC.

Tai Chi

Looking for an exercise class that improves balance, flexibility and strength? Learn the ancient art of Tai Chi and improve yourself both physically and mentally.

Age: 14 and up

Tu, Th	12:00pm-12:30pm	DLRC
--------	-----------------	------

Pilates (Mat)

Mat Pilates is a great exercise to tone your body and to improve your flexibility using the mind-body connection. Pilates works on the core muscle groups to give your body better control. Breathing techniques and body awareness will also be emphasized.

Age: 14 and up

Th	5:30pm-6:30pm	DLRC
W, F	5:30pm-6:30pm	CNRC
M, W, F	10:30am-11:30am	HSRC

Yoga

Yoga is a complete toning of the whole body. You can benefit from yoga exercises, breathing techniques and relaxation positions. Yoga releases stress from the body while improving muscular endurance, increasing flexibility and reducing cholesterol.

Age: 14 and up

M, W, F	7:00am-8:00am	DLRC
Tu, Th	9:30am-10:30am	DLRC
Tu	5:30pm-6:30pm	DLRC
Th	7:30pm-8:30pm	DLRC
Tu, Th	6:00pm-7:15pm	CNRC
W	7:00pm-8:00pm	HSRC

PiYo

PiYo is a fusion style, flexibility work-out combining Pilates, Yoga, dance and strength.

Age: 14 and up

Tu, Th	8:15am-9:00am	CNRC
M, W, F	9:30am-10:30am	DLRC

Fitness Rooms Memberships (Facility Card required for all fitness room passes)

Join our state-of-the-art fitness/weight room featuring a complete line of Nautilus strength equipment and a variety of cardiovascular machines (treadmills, stair climbers, ellipticals and bikes). Gyms open for free play with membership (subject to availability). Child care is available.

Cliff Nelson, Dottie Lynn, Hugh Smith, Meadowbrook

Age: 14 and up

Daily with Facility Card.....	\$3
Daily without Facility Card.....	\$6
Monthly.....	\$15
Annual.....	\$150
Senior Monthly*.....	\$12
Senior 6-Month*.....	\$60
Senior Annual*.....	\$120

Child Care & Babysitting: Ages 3 months and up

CNRC		DLRC	
M, W, F	8:30am-11:30am	M, W, F	8:30am-10:30am
Tu, Th	8:30am-10:30am	Tu, Th	5:30pm-7:30pm
M-Th	5:30pm-7:30pm	M, W	6:30pm-8:00pm

HSRC: M, W, F 8:30am-11:30am; M-Th 6:00pm-8:00pm; T-Th 11:00am-12:00pm

Elzie Odom Recreation Center

Age: 14 and up

Daily with Facility Card.....	\$3
Daily without Facility Card.....	\$6
Monthly.....	\$20
6-Month.....	\$100
Annual.....	\$200
Additional Family Members.....	*20% off
Basketball / Track.....	\$10 / month or \$100 / year
Senior Monthly.....	\$12
Senior 6-Month.....	\$60
Senior Annual.....	\$120

Child Care & Babysitting: Ages 2 and up

M-Th	6:00pm - 9:00pm	EORC
------	-----------------	------

Additional family members receive a 20% discount off any annual fitness membership when purchased at the same time.

Fitness Classes

Arthritis In Motion

This program, offered by certified instructors in partnership with the local Arthritis Foundation Chapter is designed to help those who have joint and/or muscle problems to achieve improved joint mobility, muscle strength and endurance in order to improve the performance of daily activities.

Age: 14 and up			\$18 / Month	
M, W	May 4	9:30am-10:15am	CNRC	108282
M, W	Jun 1	9:30am-10:15am	CNRC	108283
W, M	Jul 1	9:30am-10:15am	CNRC	108284
M, W	Aug 3	9:30am-10:15am	CNRC	108285

Senior Exercise

Group exercise class for seniors including flexibility, balance and strength done to Big Band and Swing music. Seniors learn proper technique in use of free weights, bands and tubes.

Ages: 50 and up			\$10 / Month	
T, Th	Jun 2	8:00am-9:00am	DLRC	110473
T, Th	Jul 2	8:00am-9:00am	DLRC	110474
T, Th	Aug 4	8:00am-9:00am	DLRC	110475



For more fitness classes see the Mature Adult section on page 63.

Stroller Strides

Get fit and healthy with the nation's premiere prenatal and postpartum fitness class for moms. Any level exerciser is guaranteed to get a great workout. Join us in the hour long class that combines power-walking with strength training, core work, and stretching, all while your baby has fun in the stroller. The babies are entertained during class through songs and games.

Classes are held at Veterans Park and Stovall Park. For more information or to register, contact Maggie Grayson at 800-964-1676 or maggiengrayson@strollerstrides.net or visit www.strollerstrides.com.

Pregnant moms and new moms (6 weeks postpartum or more) are always welcome!



Personal Trainer

Certified personal trainers are available for one-on-one instruction for all ages and skill levels. Arrange times between the instructor and student. Call the center where you wish to participate. Facility Card and Fitness Room Membership required.

One person, one session.....	\$40
One person, five sessions.....	\$175
Two people, one session.....	\$65
Two people, five sessions.....	\$280

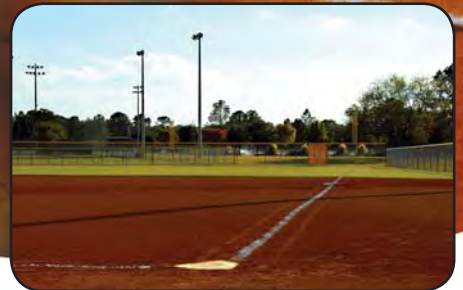
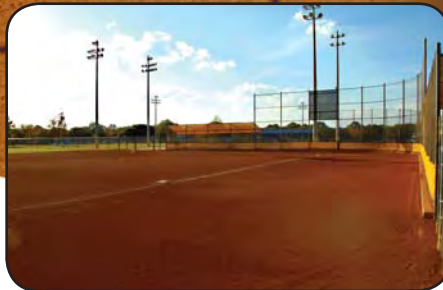
Adult Softball Field Rentals

Need a great location for your big family get-together?

Is your team ready to take on the world, or at least anyone in the Metroplex?

Tired of listening to the tall tales from co-workers about their weekend games?

Rent out a softball field complex for a gathering, tournament or corporate event!



Rental Fees (lights are additional): Saturday rate \$350 (8:00 am – 8:00 pm) field prep included. Lights \$50 (per hour per field).

Deposits: Complex Rental \$100 per event.

Rental groups may seek permit approval for alcohol at least 30 days in advance of the event.

No pets are allowed inside the softball complex or on the athletic fields – City Ordinance # 5.05 (A) (5).

Call 817-459-5643 to set up a reservation today!



Adult Sports Leagues



Basketball

The City of Arlington offers adult basketball during the winter, spring, summer and fall seasons. The 8-game leagues are played at Elzie Odom Recreation Center in north Arlington or at Meadowbrook Recreation Center in central Arlington. League play includes Men's Competitive, Men's Recreational and Women's divisions.



Volleyball

The City of Arlington sponsored adult volleyball program offers women's and coed leagues. Women's leagues are offered on Monday nights and Coed leagues play on Thursday nights. Leagues are offered during the winter, spring, summer and fall seasons.



Flag Football

The City of Arlington's Men's Adult Flag Football leagues are offered during the fall and winter seasons. Games are played at Harold Patterson Sports Complex in south Arlington on Sunday afternoons or Monday evenings.



Inline Hockey

The City of Arlington offers Adult Inline Hockey Leagues for Men ages 18 & up. Each season consists of 8 games plus playoffs. All teams must provide their own uniforms and game equipment (H.E.C.C. Certified Helmet, Hockey Gloves, Skates and Shin Pads). Leagues will follow the rules and regulations set by the City of Arlington Parks and Recreation Department and USA Hockey.

For more information contact us at 817-459-5463



Adult Softball Program

Harold Patterson Sports ASA Leagues

Located in South Arlington off I-20 and Bardin Road. Leagues are offered in the winter, spring, summer and fall each year. Leagues consist of eight games per season.

Randol Mill Park USSSA Leagues

Located in north Arlington off I-30 and Randol Mill Road. Leagues are offered in the winter, spring, summer and fall each year. Leagues consist of eight games per season.

**Wondering if your scheduled league game is rained out?
Call our adult rainout line at 817-462-3471.**

Spotlight on Sports



Spotlight Coach Coach Kevin White

Coach Kevin White knows what it takes to keep kids motivated and involved in youth sports. He has coached for Arlington Parks and Recreation for more than four years. Coach White is an avid sports player, coach and fan and has a special passion for coaching youth sports, especially his children's teams. Coach White has two children and has coached them both in soccer and t-ball. This allows him the ability to spend time with his family while teaching them lifelong skills such as teamwork, sportsmanship and physical fitness.

Coach White looks forward to each season and prepares his team based on prior season accomplishments and areas that he knows need to be improved. "It's not always about the final score, but how you play the game," says Coach White. "One example is teaching our children good sportsmanship values; winning without gloating and losing without complaining."

Above all, Coach White understands the importance of keeping things in perspective: teach the value of "we" instead of "me" and remember not to take things too seriously...after all, your 4 year old is watching everything you do. He makes sure that our "Playing is Winning" philosophy holds true because the kids are the reason we are here, and having fun is the top priority.

Spotlight Team "The Jints"

The Jints adult flag football team has been playing together for over 20 years. The team was formed with the goal of bringing fathers and sons together to play football. Currently there are three sets: Bill and his son Matt Stetzer, Reggie and his two sons Collin and Garrett and Bobby Hart with son Ryan.



Top row: Quintin Spitzer 32, Bobby Hart 51, Bill Stetzer 56, Reggie Garner 48

Bottom Row: Ryan Robinson 21, Matt Stetzer 22 and Collin Garner 21.

Not-pictured: Chuck Wabbersen 42, Pierce Smale 55, Boo Howard 49, Josh Henry 26.



Youth Sports Leagues



For more information on Youth Leagues call 817-459-6434
or visit us on the web at www.sportstandings.com/arlingtonyouth.

Summer 2009 Youth Leagues

Youth Co-ed Basketball

Registration: April 1 - 30
Season Begins: June 13
Game Location: Elzie Odom Recreation Center

Ages: 3-12 **\$65 / 8 games**
Bar Code Number: 105525

Cheerleading

Registration: April 1 - 30
Season Begins: June 13
Game Location: Elzie Odom Recreation Center

Ages: 6-12 **\$80 / 8 games**
Bar Code Number: 105526



Coach Pitch Baseball

Registration: April 1 - 30
Season Begins: June 13
Game Location: Harold Patterson Sports Center

Ages: 7-8 **\$70 / 8 games**
Bar Code Number: 105528

Indoor Soccer

Registration: April 1 - 30
Season Begins: June 13
Game Location: Elzie Odom Recreation Center

Ages: 3-12 **\$65 / 8 games**
Bar Code Number: 105527

T-Ball

Registration: April 1 - 30
Season Begins: June 13
Game Location: Harold Patterson Sports Center

Ages: 3-6 **\$70 / 8 games**
Bar Code Number: 105528

**All parent and coaches meetings
will be held at Meadowbrook
Recreation Center!**

Steps to become a youth sports coach!

- Contact Athletics Staff at 817-459-6434
- Pick a sport you love
- Fill out an application
(background checks are completed on all applicants)
- Submit a copy of your driver's license

**Wondering if your scheduled
league game is rained out?
Call our youth rainout line at
817-459-6697.**

Youth Sports Clinics



Archery

Archery is a self-challenging and rewarding activity, blending physical and mental resources. Students learn to overcome distractions and obstacles, and have a plan of action. Archery provides a fundamental relaxation quality in that the archer must be focused on the immediate moment.

Age: 8-12 **\$15**
Sa Jun 13 9:00am-10:00am EORC 111373

Basketball Skills Drills & Technique

This basketball clinic will focus on basketball techniques in the areas of shooting, passing, ball-handling, rebounding, defense, conditioning and a whole lot more. During the clinic you will be able to focus on developing your individual skills in these areas.

Age: 5-12 **\$15**
Sa Jun 6 9:00am-10:00am EORC 111134

Basketball Skills Offense/Defense

Players will focus on defensive techniques such as man-to-man, zone, combination coverage, team passing and receiving. Players will focus on teamwork and strategies.

Age: 5-12 **\$15**
Sa Jun 6 10:00am-11:00am EORC 111136

Cheerleading

Join us for a fun Cheerleading Clinic! Participants will learn basic cheers, jumps, forms and routines.

Age: 6-12 **\$15**
Sa Jun 6 10:00am-12:00pm EORC 111374

Soccer - Ball Control

Players will learn to control the ball with both feet and move about the field comfortably. Focus will be placed on dribbling, receiving and trapping the ball.

Age: 5-12 **\$15**
Sa Jun 6 9:00am-10:00am EORC 111123

Soccer - Offense/Defense

Players will focus on defensive techniques such as man-to-man, zone, combination coverage, team passing and receiving. Players will focus on teamwork and strategies.

Age: 5-12 **\$15**
Sa Jun 6 10:00am-11:00am EORC 111127

T-Ball - Coach/Pitch

Clinic will focus on t-ball and coach pitch skills such as fielding, batting and proper throwing techniques. Participants should bring a glove. All other play equipment will be provided.

Age: 5-8 **\$15**
Sa Jun 6 9:00am-10:00am EORC 111131

Youth Sports League Information

- Facility Cards are required for all youth league registrations. Cards for league participants can be purchased at any recreation center for \$12 and are good for one year.
- Practices are determined by volunteer coaches and parents. Practices are usually held on a weeknight after 5 pm.
- We try to honor requests when forming teams, otherwise we group teams by zip codes and schools.
- All teams have volunteer coaches, call 817-459-6434 if you are interested in coaching.

All Youth Leagues Include:

Eight Game Season • League Shirts
Individual Awards • Certified Officials

For more information on Youth Leagues call 817-459-6434.



Sports

Archery

Archery is a self-challenging and rewarding activity, blending physical and mental resources. Students learn they must overcome distractions and have a plan of action. Archery teaches fundamental relaxation techniques in that the archer must be focused on the immediate moment.

Age: 8 and up		\$50 / Month	
Sa	May 2	1:00pm-2:00pm	EORC 108866
Th	May 7	6:00pm-7:00pm	EORC 108870
Sa	Jun 6	1:00pm-2:00pm	EORC 108874
Th	Jun 4	6:00pm-7:00pm	EORC 108877
Th	Jul 2	6:00pm-7:00pm	EORC 108878
Sa	Jul 11	1:00pm-2:00pm	EORC 108875
Sa	Aug 1	1:00pm-2:00pm	EORC 108876
Th	Aug 6	6:00pm-7:00pm	EORC 108879

Football

Down, set, hut hut! Want to learn the basics of football? Participants will work on catching, receiving, punting and more. This is a non-contact class.

Age: 6-12		\$35 / 4 Classes	
Th	Jun 4	5:00pm-5:50pm	CNRC 109211
Th	Jul 9	5:00pm-5:50pm	CNRC 109212
Th	Aug 6	5:00pm-5:50pm	CNRC 109213

Rock Climbing Pre-School and Elementary

Your kids will learn about rock climbing equipment, safety and climbing techniques. Parents must be present to belay.

Age: 4-9		\$42 / 4 Classes	
Th	May 7	5:00pm-6:00pm	EORC 108815
Th	Jun 4	5:00pm-6:00pm	EORC 108816
Th	Jul 2	5:00pm-6:00pm	EORC 108817
Th	Aug 6	5:00pm-6:00pm	EORC 108818

Rock Climbing - Youth

Age: 10-17		\$42 / 4 Classes	
Th	May 7	6:00pm-7:00pm	EORC 108819
Th	Jun 4	6:00pm-7:00pm	EORC 108820
Th	Jul 2	6:00pm-7:00pm	EORC 108821
Th	Aug 6	6:00pm-7:00pm	EORC 108822

Basketball

Learn passing, shooting, defense/offense drills and rebounding. Classes help children develop teamwork and listening skills. Wear comfortable clothes and tennis shoes.

Age: 3-4		\$30 / 4 Classes	
Tu	May 5	4:15pm-5:00pm	EORC 108753
M	Jun 1	4:15pm-5:00pm	DLRC 108965
Tu	Jun 2	4:15pm-5:00pm	EORC 108757
Tu	Jun 2	5:00pm-5:45pm	CNRC 109199
M	Jul 6	4:15pm-5:00pm	DLRC 108966
Tu	Jul 7	4:15pm-5:00pm	EORC 108758
Tu	Jul 7	5:00pm-5:45pm	CNRC 109200
M	Aug 3	4:15pm-5:00pm	DLRC 108967
Tu	Aug 4	4:15pm-5:00pm	EORC 108759
Tu	Aug 4	5:00pm-5:45pm	CNRC 109201

Age: 4-6		\$30 / 4 Classes	
M	May 4	5:15pm-6:00pm	HSRC 104493
M	Jun 1	5:15pm-6:00pm	HSRC 104494
M	Jul 6	5:15pm-6:00pm	HSRC 104495
M	Aug 3	5:15pm-6:00pm	HSRC 104496

Age: 5-6		\$30 / 4 Classes	
Tu	May 5	5:00pm-5:15pm	EORC 108760
M	Jun 1	5:15pm-6:00pm	DLRC 108968
Tu	Jun 2	5:00pm-5:15pm	EORC 108764
Tu	Jun 2	5:00pm-5:45pm	CNRC 109202
M	Jul 6	5:15pm-6:00pm	DLRC 108970
Tu	Jul 7	5:00pm-5:15pm	EORC 108765
Tu	Jul 7	5:00pm-5:45pm	CNRC 109203
M	Aug 3	5:15pm-6:00pm	DLRC 108971
Tu	Aug 4	5:00pm-5:15pm	EORC 108766
Tu	Aug 4	5:00pm-5:45pm	CNRC 109204

Age: 7-8		\$30 / 4 Classes	
M	May 4	6:15pm-7:00pm	HSRC 104497
Tu	May 5	6:15pm-7:00pm	EORC 108767
M	Jun 1	6:15pm-7:00pm	DLRC 108972
M	Jun 1	6:15pm-7:00pm	HSRC 104498
Tu	Jun 2	6:15pm-7:00pm	EORC 108769
Tu	Jun 2	6:00pm-6:45pm	CNRC 109205
M	Jul 6	6:15pm-7:00pm	DLRC 108973
Tu	Jul 7	6:15pm-7:00pm	EORC 108770
Tu	Jul 7	6:00pm-6:45pm	CNRC 109206
M	Aug 3	6:15pm-7:00pm	DLRC 108974
M	Aug 3	6:15pm-7:00pm	HSRC 108573
Tu	Aug 4	6:15pm-7:00pm	EORC 108771
Tu	Aug 4	6:00pm-6:45pm	CNRC 109207

Age: 9-12		\$30 / 4 Classes	
M	May 4	7:15pm-8:00pm	HSRC 104500
Tu	May 5	7:15pm-8:00pm	EORC 108772
M	Jun 1	7:15pm-8:00pm	HSRC 104501
M	Jun 1	7:15pm-8:00pm	DLRC 108975
Tu	Jun 2	7:15pm-8:00pm	EORC 108774
Tu	Jun 2	7:00pm-7:45pm	CNRC 109208
M	Jul 6	7:15pm-8:00pm	DLRC 108976
M	Jul 6	7:15pm-8:00pm	HSRC 104502
Tu	Jul 7	7:15pm-8:00pm	EORC 108775
Tu	Jul 7	7:00pm-7:45pm	CNRC 109209
M	Aug 3	7:15pm-8:00pm	DLRC 108977
M	Aug 3	7:15pm-8:00pm	HSRC 108574
Tu	Aug 4	7:15pm-8:00pm	EORC 108776
Tu	Aug 4	7:00pm-7:45pm	CNRC 109210

Sports

Beginning Soccer

Gain an understanding of the game. Emphasis is on improving individual skills including the correct way to dribble, pass and shoot.

Age: 3-4		\$30 / 4 Classes	
W	May 6	4:15pm-5:00pm	EORC 108823
Sa	May 9	10:15am-11:00am	HSRC 107898
Sa	Jun 6	9:15am-10:00am	DLRC 108824
Sa	Jun 6	10:15am-11:00am	HSRC 107899
W	Jun 3	4:15pm-5:00pm	EORC 108825
Sa	Jun 6	9:15am-10:00am	CNRC 109215
W	Jul 1	4:15pm-5:00pm	EORC 108826
Sa	Jul 11	9:15am-10:00am	DLRC 108978
Sa	Jul 11	9:15am-10:00am	CNRC 109216
Sa	Jul 11	10:15am-11:00am	HSRC 107900
W	Aug 5	4:15pm-5:00pm	EORC 108827
Sa	Aug 8	9:15am-10:00am	DLRC 108979
Sa	Aug 8	9:15am-10:00am	CNRC 109217
Sa	Aug 8	10:15am-11:00am	HSRC 107901

Age: 5-6		\$30 / 4 Classes	
W	May 6	5:15pm-6:00pm	EORC 108828
Sa	May 9	11:15am-12:00pm	HSRC 107923
W	Jun 3	5:15pm-6:00pm	EORC 108830
Sa	Jun 6	11:15am-12:00pm	HSRC 107924
Sa	Jun 6	10:15am-11:00am	DLRC 108829
Sa	Jun 6	11:15am-12:00pm	CNRC 109218
W	Jul 1	5:15pm-6:00pm	EORC 108831
Sa	Jul 11	10:15am-11:00am	DLRC 108980
Sa	Jul 11	11:15am-12:00pm	CNRC 109219
Sa	Jul 11	11:15am-12:00pm	HSRC 107925
W	Aug 5	5:15pm-6:00pm	EORC 108832
Sa	Aug 8	10:15am-11:00am	DLRC 108981
Sa	Aug 8	11:15am-12:00pm	CNRC 109220
Sa	Aug 8	11:15am-12:00pm	HSRC 107926

Age: 7-8		\$30 / 4 Classes	
W	May 6	6:15pm-7:00pm	EORC 108833
W	Jun 3	6:15pm-7:00pm	EORC 108835
Sa	Jun 6	11:15am-12:00pm	DLRC 108834
W	Jul 1	6:15pm-7:00pm	EORC 108836
Sa	Jul 11	11:15am-12:00pm	DLRC 108982
W	Aug 5	6:15pm-7:00pm	EORC 108837
Sa	Aug 8	11:15am-12:00pm	DLRC 108983

Age: 9-12		\$30 / 4 Classes	
Sa	Jun 6	12:15pm-1:00pm	DLRC 108984
Sa	Jul 11	12:15pm-1:00pm	DLRC 108986
Sa	Aug 8	12:15pm-1:00pm	DLRC 108987



Sports Explorers

This class provides an introduction to the basics in sports such as t-ball, basketball, soccer, tumbling and football. Sports vary by location. Preschool age courses are a great experience and will help children to develop teamwork, sharing and listening skills.

Age: 3-4		\$30 / 4 Classes	
Tu	Jun 2	4:15pm-5:00pm	DLRC 108988
Sa	Jun 6	10:15am-11:00am	CNRC 109221
Tu	Jul 7	4:15pm-5:00pm	DLRC 108989
Sa	Jul 11	10:15am-11:00am	CNRC 109222
Tu	Aug 4	4:15pm-5:00pm	DLRC 108990
Sa	Aug 8	10:15am-11:00am	CNRC 109223

Age: 5-6		\$30 / 4 Classes	
Tu	Jun 2	5:15pm-6:00pm	DLRC 108991
Sa	Jun 6	12:15pm-1:00pm	CNRC 109224
Tu	Jul 7	5:15pm-6:00pm	DLRC 108992
Sa	Jul 11	12:15pm-1:00pm	CNRC 109225
Tu	Aug 4	5:15pm-6:00pm	DLRC 108993
Sa	Aug 8	12:15pm-1:00pm	CNRC 109226

Sports

Sluggers T-Ball

Participants will concentrate on the fundamentals of America's favorite pastime. Children learn the basics of throwing, catching and hitting. These classes help to develop teamwork and listening skills.

Age: 3-4

			\$30 / 4 Classes		
W	May 6	5:00pm-5:45pm	HSRC	107927	
Th	May 7	4:15pm-5:00pm	EORC	108838	
Th	Jun 4	4:15pm-5:00pm	EORC	108842	
W	Jun 3	4:15pm-5:00pm	DLRC	108994	
W	Jun 3	5:00pm-5:45pm	HSRC	107928	
Sa	Jun 6	9:30am-10:15am	CNRC	109227	
Th	Jul 2	4:15pm-5:00pm	EORC	108843	
W	Jul 8	4:15pm-5:00pm	DLRC	108995	
W	Jul 8	5:00pm-5:45pm	HSRC	107929	
Sa	Jul 11	9:30am-10:15am	CNRC	109228	
Th	Aug 6	4:15pm-5:00pm	EORC	108844	
W	Aug 5	4:15pm-5:00pm	DLRC	108996	
W	Aug 5	5:00pm-5:45pm	HSRC	107930	
Sa	Aug 8	9:30am-10:15am	CNRC	109229	

Age: 5-6

			\$30 / 4 Classes		
W	May 6	6:00pm-6:45pm	HSRC	110674	
Th	May 7	5:15pm-6:00pm	EORC	108845	
W	Jun 3	5:15pm-6:00pm	DLRC	108846	
W	Jun 3	6:00pm-6:45pm	HSRC	110675	
Th	Jun 4	5:15pm-6:00pm	EORC	108847	
Th	Jul 2	5:15pm-6:00pm	EORC	108848	
W	Jul 8	6:00pm-6:45pm	HSRC	110676	
W	Jul 8	5:15pm-6:00pm	DLRC	108997	
Th	Aug 6	5:15pm-6:00pm	EORC	108849	
W	Aug 5	5:15pm-6:00pm	DLRC	108998	
W	Aug 5	6:00pm-6:45pm	HSRC	110677	



Note: Dates listed are session starting dates.

Volleyball

Bump, Set, Spike! You will learn how to serve the ball, proper footwork and how to bump, set and spike the volleyball. Don't forget your knee pads.

Age: 8-14

			\$35 / 4 Classes		
Th	Jun 4	7:00pm-8:00pm	DLRC	108999	
F	Jun 5	6:00pm-7:00pm	CNRC	109230	
Th	Jul 9	7:00pm-8:00pm	DLRC	109000	
F	Jul 10	6:00pm-7:00pm	CNRC	109231	
Th	Aug 6	7:00pm-8:00pm	DLRC	109001	
F	Aug 7	6:00pm-7:00pm	CNRC	109232	



Wacky Water Sports

Texas summer can be hot...cool off at Wacky Water Sports class! Each week we will play a different crazy water game that will leave you soaked! Participants need to wear a swim suit and bring a towel each week.

Age: 6-12

			\$30 / 4 Classes		
Th	Jun 4	5:30pm-6:15pm	DLRC	109048	
Th	Jul 9	5:30pm-6:15pm	DLRC	109049	
Th	Aug 6	5:30pm-6:15pm	DLRC	109050	

Gymnastics / Cheer



Gymnastics

Gymnastics 1

Gymnastics is a great class for developing balance, coordination, flexibility, muscular endurance and strength. This is a beginning class where participants will learn basic gymnastic skills.

Age: 6-12			\$30 / 4 Classes	
Sa	May 2	11:30am-12:15pm	EORC	108781
Sa	Jun 6	11:30am-12:15pm	EORC	108786
Sa	Jun 6	11:00am-11:50am	DLRC	109009
Sa	Jun 6	12:10pm-1:00pm	CNRC	109233
Sa	Jul 11	11:30am-12:15pm	EORC	108787
Sa	Jul 11	11:00am-11:50am	DLRC	109012
Sa	Jul 11	12:10pm-1:00pm	CNRC	109234
Sa	Aug 1	11:30am-12:15pm	EORC	108788
Sa	Aug 8	11:00am-11:50am	DLRC	109013
Sa	Aug 8	12:10pm-1:00pm	CNRC	109235

Gymnastics 2

A continuation of the gymnastics program, this class focuses on intermediate skills while developing balance, coordination, flexibility, muscular endurance and strength. *Teacher approval through a skills test is required.

Age: 6-12			\$30 / 4 Classes	
Sa	Jun 6	12:00pm-12:50pm	DLRC	109014
Sa	Jun 6	1:10pm-2:00pm	CNRC	109236
Sa	Jul 11	12:00pm-12:50pm	DLRC	109018
Sa	Jul 11	1:10pm-2:00pm	CNRC	109237
Sa	Aug 8	12:00pm-12:50pm	DLRC	109019
Sa	Aug 8	1:10pm-2:00pm	CNRC	109238

Hip Hip Hooray

Two bits, four bits, six bits, a dollar...all for kiddos stand up and holler! Join us for a fun class for preschoolers who want to learn the basics of cheerleading.

Age: 4-6			\$30 / 4 Classes	
M	Jun 1	5:00pm-5:50pm	DLRC	109873
Th	Jun 4	5:00pm-5:50pm	CNRC	109247
M	Jul 6	5:00pm-5:50pm	DLRC	109021
Th	Jul 9	5:00pm-5:50pm	CNRC	109248
M	Aug 3	5:00pm-5:50pm	DLRC	109022
Th	Aug 6	5:00pm-5:50pm	CNRC	109249

Hop, Skip and Jump

Preschoolers and their parents will have fun doing log rolls, bear crawls and more to help develop coordination, listening skills and social interaction.

Age: 2			\$30 / 4 Classes	
Sa	Jun 6	9:15am-9:45am	DLRC	109002
Sa	Jul 11	9:15am-9:45am	DLRC	109004
Sa	Aug 8	9:15am-9:45am	DLRC	109005

Tumbling Tots

Preschoolers will learn beginning tumbling and beam skills. These classes help to enhance social interaction, listening skills and coordination.

Age: 3-5			\$30 / 4 Classes	
Sa	May 2	11:00am-11:30am	EORC	108777
M	May 4	10:00am-10:30am	EORC	108745
M	Jun 1	10:00am-10:30am	EORC	108746
Sa	Jun 6	11:00am-11:30am	EORC	108778
Sa	Jun 6	10:00am-10:30am	DLRC	109006
Sa	Jun 6	11:30am-12:00pm	CNRC	109239
M	Jul 6	10:00am-10:30am	EORC	108747
Sa	Jul 11	11:00am-11:30am	EORC	108779
Sa	Jul 11	10:00am-10:30am	DLRC	109007
Sa	Jul 11	11:30am-12:00pm	CNRC	109245
Sa	Aug 1	11:00am-11:30am	EORC	108780
M	Aug 3	10:00am-10:30am	EORC	108748
Sa	Aug 8	10:00am-10:30am	DLRC	109008
Sa	Aug 8	11:30am-12:00pm	CNRC	109246

Cheerleading

Cheerleading

Cheerleading is great fun and exercise. It helps build stamina, flexibility, rhythm and confidence. This class teaches the fundamentals of cheerleading including: jumps, cheers, chants, basic tumbling and routines.

Age: 7-12			\$30 / 4 Classes	
M	Jun 1	6:00pm-6:50pm	DLRC	109023
Th	Jun 4	6:00pm-6:50pm	CNRC	109251
M	Jul 6	6:00pm-6:50pm	DLRC	109024
Th	Jul 9	6:00pm-6:50pm	CNRC	109252
M	Aug 3	6:00pm-6:50pm	DLRC	109025
Th	Aug 6	6:00pm-6:50pm	CNRC	109253

See page 27 for information on our cheer squad.



Martial Arts

Aikido

Aikido is a dynamic, non-violent and powerful martial art. It teaches basic self defense, keeps you centered and in shape. For those wanting to pursue a black belt and beyond in Aikido, the journey will be an enlightening one. For more information or to register, contact Sassan Badrzadeh at 817-861-7995.

Ages 14 & up		\$50/month
T, Th	6:00pm-7:00pm	HSRC
Every other Saturday	9:30am-10:30am	HSRC

Tiny Kids Self Defense

Preschoolers will learn basic kicks, escaping techniques and rolling. GI not required. This class helps teach children about stranger awareness.

Age: 3-5		\$30 / Month
M	May 4	5:30pm-6:00pm EORC 108803
M	May 4	5:30pm-6:00pm CNRC 110579
M	Jun 1	5:30pm-6:00pm EORC 108804
M	Jun 1	5:30pm-6:00pm CNRC 109255
M	Jul 6	5:30pm-6:00pm EORC 108809
M	Jul 6	5:30pm-6:00pm CNRC 109256
M	Aug 3	5:30pm-6:00pm EORC 108810
M	Aug 3	5:30pm-6:00pm CNRC 109257

Women's Self Defense

This program will teach females to recognize and defend against an attacker. It will strengthen your mind, body and spirit so that you never have to be a victim.

Ages: 12 and up		\$30 / Workshop
Sa	Jun 13	9:00am-12:00pm CNRC 110580
Sa	Jul 18	9:00am-12:00pm CNRC 110584
Sa	Aug 8	9:00am-12:00pm CNRC 110585

Family Self Defense

This is a class for the whole family. Learn about 'stranger danger' with your kids. The class includes self-defense and stresses the importance of self-confidence and mental discipline. Wear loose and comfortable clothing. Family is defined by a parent and two children.

Age: 3 and up		\$45 / Month
M	May 4	7:00pm-8:00pm EORC 108811
M	Jun 1	7:00pm-8:00pm EORC 108812
M	Jul 6	7:00pm-8:00pm EORC 108813
M	Aug 3	7:00pm-8:00pm EORC 108814

Tae Kwon Do at Cliff Nelson

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats.

Introduction		\$32 / Month
Age: 6 and up		
M	May 4	6:00pm-7:00pm CNRC 110577
Tu	May 5	6:00pm-7:00pm CNRC 110578
M	Jun 1	6:00pm-7:00pm CNRC 109271
Tu	Jun 2	6:00pm-7:00pm CNRC 109275
M	Jul 6	6:00pm-7:00pm CNRC 109272
Tu	Jul 7	6:00pm-7:00pm CNRC 109276
M	Aug 3	6:00pm-7:00pm CNRC 109273
Tu	Aug 4	6:00pm-7:00pm CNRC 109277

Advanced*		\$32 / Month
Age: 6 and up		
M	May 4	7:00pm-8:00pm CNRC 110575
Tu	May 5	7:00pm-8:00pm CNRC 110576
M	Jun 1	7:00pm-8:00pm CNRC 109263
Tu	Jun 2	7:00pm-8:00pm CNRC 109267
M	Jul 6	7:00pm-8:00pm CNRC 109264
Tu	Jul 7	7:00pm-8:00pm CNRC 109268
M	Aug 3	7:00pm-8:00pm CNRC 109265
Tu	Aug 4	7:00pm-8:00pm CNRC 109269

*Teacher approval through a skills test is required.

Tae Kwon Do at Dottie Lynn

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats.

Introduction		\$32 / Month
Age: 6 and up		
M	May 4	6:00pm-7:00pm DLRC 101341
Tu	May 5	7:00pm-8:00pm DLRC 101346
M	Jun 1	6:00pm-7:00pm DLRC 109036
Tu	Jun 2	6:00pm-7:00pm DLRC 109039
M	Jul 6	6:00pm-7:00pm DLRC 109037
Tu	Jul 7	6:00pm-7:00pm DLRC 109040
M	Aug 3	6:00pm-7:00pm DLRC 109038
Tu	Aug 4	6:00pm-7:00pm DLRC 109041

Advanced*		\$32 / Month
Age: 6 and up		
M	May 4	7:00pm-8:00pm DLRC 101351
M	Jun 1	7:00pm-8:00pm DLRC 109044
M	Jul 6	7:00pm-8:00pm DLRC 109045
M	Aug 3	7:00pm-8:00pm DLRC 109046

*Teacher approval through a skills test is required.

Tae Kwon Do at Elzie Odom

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Wear karate GI or sweats.

Introduction		\$32 / Month	
Age: 6 and up			
M	May 4	6:00pm-7:00pm	EORC 108789
M	Jun 1	6:00pm-7:00pm	EORC 108800
M	Jul 6	6:00pm-7:00pm	EORC 108801
M	Aug 3	6:00pm-7:00pm	EORC 108802

Tae Kwon Do at Hugh Smith

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats.

Age: 4-5		\$32 / Month	
Tu	May 5	6:10pm-7:00pm	HSRC 107886
Tu	Jun 2	6:10pm-7:00pm	HSRC 107887
Tu	Jul 7	6:10pm-7:00pm	HSRC 107888
Tu	Aug 4	6:10pm-7:00pm	HSRC 107889

Age: 6-7		\$32 / Month	
Tu	May 5	6:10pm-7:00pm	HSRC 107890
Tu	Jun 2	6:10pm-7:00pm	HSRC 107891
Tu	Jul 7	6:10pm-7:00pm	HSRC 107892
Tu	Aug 4	6:10pm-7:00pm	HSRC 107893

Age: 8-10		\$32 / Month	
Tu	May 5	7:10pm-8:00pm	HSRC 107894
Tu	Jun 2	7:10pm-8:00pm	HSRC 107895
Tu	Jul 7	7:10pm-8:00pm	HSRC 107896
Tu	Aug 4	7:10pm-8:00pm	HSRC 107897

Tae Kwon Do Club

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats. The 6-7 pm class at HSRC is for Beginners (white through orange belts) and the 7:10-8:10 pm class is for Advanced (green belt and up). The HSRC classes are paid for monthly and registration is due by the 1st of each month.

Age: 6 and up		\$45 / Month	
M, F	May 4	6:00pm-7:00pm	HSRC 107878
M, F	May 4	7:10pm-8:10pm	HSRC 107882
M, F	Jun 1	6:00pm-7:00pm	HSRC 107879
M, F	Jun 1	7:10pm-8:10pm	HSRC 107883
M, F	Jul 6	6:00pm-7:00pm	HSRC 107880
M, F	Jul 6	7:10pm-8:10pm	HSRC 107884
M, F	Aug 3	6:00pm-7:00pm	HSRC 107881
M, F	Aug 3	7:10pm-8:00pm	HSRC 107885

Boxing

Beginner

'Float like a butterfly, sting like a bee...' now you too can box like Mohammed Ali. Try this beginner class where you learn the boxing techniques and discipline of a trained boxer. This is a non-contact class.

Age: 10 and up		\$35 / 4 Classes	
F	Jun 5	7:00pm-8:00pm	CNRC 109187
F	Jul 10	7:00pm-8:00pm	CNRC 109191
F	Aug 7	7:00pm-8:00pm	CNRC 109192

Boxing

Advanced

Already have the basic boxing skills? This class helps you focus on enhancing those techniques and footwork. Bring your own hand wraps.

Age: 12 and up		\$45 / 4 Classes	
F	Jun 5	8:00pm-9:00pm	CNRC 109193
F	Jul 10	8:00pm-9:00pm	CNRC 109197
F	Aug 7	8:00pm-9:00pm	CNRC 109198

Fencing

The Olympic sport of Fencing is one of the oldest and most mentally stimulating forms of exercise. Fencing challenges both the player's body and mind and is suited for all ages and activity levels. Beginner Fencing is a 5 week class designed to train students in the elementary stages for the sport. You will learn about the different types of fencing, equipment, footwork and basic defenses. Students will have hands on contact and all practice equipment is provided during class. There is an additional equipment fee payable to the instructor at the beginning of the first day of each session.

Beginning

Age: 6 and up		\$65 / 5 Classes	
Su	Jun 7	2:00pm-3:00pm	CNRC 109279
Su	Jul 12	2:00pm-3:00pm	CNRC 109280

Intermediate

Age: 6 and up		\$65 / 5 Classes	
Su	Jun 7	3:00pm-4:00pm	CNRC 109282
Su	Jul 12	3:00pm-4:00pm	CNRC 109283

Register online at:



www.NaturallyFun.org

**Whether you're
a seasoned player or just
starting out, Arlington, Texas is
the perfect choice for great golf!**

Lake Arlington Golf Course

Lake Arlington Golf Course is a beautiful 18-hole facility nestled on 185 acres on the north shore of Lake Arlington. The course was designed with all types of players in mind and with the newly renovated fairways and greens, the course provides a great golfing experience at an exceptional value.

Lake Arlington's time-honored design blends shot making demands along with open tree-lined fairways. A challenge for the professional as well as the beginner, the four sets of tees, ranging from 5,485 yards to 6,637, provides a fair playing field that appeals to every level of proficiency.

The clubhouse features a well stocked pro shop, club repair services and snack area. Lake Arlington's combination of enjoyable golf, convenient location and professional staff create the perfect setting for group outings and tournaments.

1516 West Green Oaks Boulevard, Arlington, Texas 76013 817-451-6101

Chester W. Ditto Golf Course

Beautiful Chester W. Ditto Golf Course is a long-standing favorite among golfers in the Dallas-Fort Worth Metroplex.

This hidden gem in north Arlington maintains a pure golf feel and offers eighteen holes of challenging golf with plush fairways narrowed by trees and accented by sand bunkers and strategically placed landing areas.

A driving range, practice putting green and chipping area complete the golf experience. The clubhouse features a snack bar and full-line pro shop with the latest in equipment and apparel.

Ditto hosts tournaments and offers private and group lessons taught by PGA professionals and apprentices.

801 Brown Boulevard, Arlington, Texas 76011 817-275-5941

Meadowbrook Park Golf Course

Arlington's tradition of outstanding golf began in the 1920's with Meadowbrook Park. Conveniently located just east of downtown Arlington, Meadowbrook Park Golf Course is the home of the First Tee of Arlington. An excellent choice for families and leagues, Meadowbrook Park is the perfect facility to learn the game of golf and sharpen short-game skills.

A 9-hole walking course, Meadowbrook is easily played when under time constraints. Exclusive facility rental opportunities are available for both golf and non-golf outdoor activities. With a long-standing commitment to environmental enhancement and preservation, Meadowbrook Park Golf Course is like a walk in the park for the whole family.

1300 East Dugan Street, Arlington, Texas 76013 817-275-0221

Tierra Verde Golf Club at the Reserve

Opened in 1998, Tierra Verde is the result of a unique partnership between the City of Arlington, renowned designers Graham & Panks International and Audubon International.

Carved from 250 acres of secluded terrain, Tierra Verde's unsurpassed layout encompasses idyllic surroundings and an array of natural settings. Each hole has five sets of tees, sculpted fairways, strategically placed sand bunkers and water hazards – all accented by stately trees and beautiful native grasses.

Audubon International has recognized Tierra Verde as the first golf course in Texas and the first municipal golf course in the world to be certified as an Audubon Signature Sanctuary. Tierra Verde was the recipient of the 2004 Golf Digest Environmental Leaders in Golf Award, which recognizes golf courses worldwide for the environmental excellence. In 2008, Tierra Verde was the recipient of the Texas Parks and Wildlife Special Recognition Lone Star Land Steward Award for their commitment to wildlife habitat and conservation through innovative conservation development.

The course has been host to many prestigious events, including the Byron Nelson Qualifying Tournament two years in a row. The facility's 7,000 yards of exciting terrain make it a favorite destination for tournaments and group outings.

The Mediterranean-styled clubhouse features outstanding amenities, including a fully stocked pro shop, an outdoor pavilion and full-service restaurant.

Tierra Verde's state of the art learning center features a lighted driving range, practice fairway bunker, large chipping and putting green complex, and three practice holes. Tierra Verde offers lessons and clinics taught by PGA and LPGA professionals and apprentices. Tierra Verde is also the home to Ventana Grille, which features a Spanish flair, an irresistible menu featuring tapas dishes, all in an incredible ambience.

7005 Golf Club Drive, Arlington, Texas 76001
817-478-8500 Metro 817-572-1300



Hooked on Golf for Juniors

Junior Academy is the perfect place for juniors of all skill levels to improve their game. This fun and exciting program features four structured levels where students can advance from one level to the next by learning the many life skills inherent in golf and performing all of the golf skills required to advance. Each level consists of four weeks of instruction. Students receive a membership card good for discounts at all Arlington Golf facilities.

Ditto Golf Course

May

Age 6-11		\$149 / 4 Weeks		
M, W	May 4-May 27	4:30pm-5:30pm	Level 1	
Tu, Th	May 5-May 28	4:30pm-5:30pm	Level 2	
M, W	May 4-May 27	5:45pm-6:45pm	Level 3	
Tu, Th	May 5-May 28	5:45pm-6:45pm	Level 4	

Age 12-17		\$149 / 4 Weeks		
M, W	May 4-May 27	7:00pm-8:00pm	Level 1	
Tu, Th	May 5-May 28	7:00pm-8:00pm	Level 2	
F	May 1-May 22	4:30pm-6:30pm	Level 3	
Sa	May 2-May 23	3:30pm-5:30pm	Level 4	

July

Age 6-11		\$149 / 4 Weeks		
M, W	Jul 6-Jul 29	4:30pm-5:30pm	Level 1	
Tu, Th	Jul 7-Jul 30	8:00am-9:00am	Level 1	
Tu, Th	Jul 7-Jul 30	4:30pm-5:30pm	Level 2	
M, W	Jul 6-Jul 29	8:00am-9:00am	Level 2	
M, W	Jul 6-Jul 29	5:45pm-6:45pm	Level 3	
Tu, Th	Jul 7-Jul 30	5:45pm-6:45pm	Level 4	

Age 12-17		\$149 / 4 Weeks		
M, W	Jul 6-Jul 29	7:00pm-8:00pm	Level 1	
Tu, Th	Jul 7-Jul 30	9:30am-10:30am	Level 1	
Tu, Th	Jul 7-Jul 30	7:00pm-8:00pm	Level 2	
M, W	Jul 6-Jul 29	9:30am-10:30am	Level 2	
F	Jul 10-Jul 31	4:30pm-6:30pm	Level 3	
Sa	Jul 11-Aug 1	3:30pm-5:30pm	Level 4	

June

Age 6-11		\$149 / 4 Weeks		
M, W	Jun 1-Jun 24	4:30pm-5:30pm	Level 1	
Tu, Th	Jun 2-Jun 25	9:00am-10:00am	Level 1	
Tu, Th	Jun 2-Jun 25	4:30pm-5:30pm	Level 2	
M, W	Jun 1-Jun 24	5:45pm-6:45pm	Level 3	
Tu, Th	Jun 2-Jun 25	5:45pm-6:45pm	Level 4	

Age 12-17		\$149 / 4 Weeks		
M, W	Jun 1-Jun 24	7:00pm-8:00pm	Level 1	
M, W	Jun 1-Jun 24	9:00am-10:00am	Level 1	
Tu, Th	Jun 2-Jun 25	7:00pm-8:00pm	Level 2	
F	Jun 5-Jun 26	4:30pm-6:30pm	Level 3	
Sa	Jun 6-Jun 27	3:30pm-5:30pm	Level 4	

August

Age 6-11		\$149 / 4 Weeks		
M, W	Aug 3-Aug 26	4:30pm-5:30pm	Level 1	
Tu, Th	Aug 4-Aug 27	4:30pm-5:30pm	Level 2	
M, W	Aug 3-Aug 26	5:45pm-6:45pm	Level 3	
Tu, Th	Aug 4-Aug 27	5:45pm-6:45pm	Level 4	

Age 12-17		\$149 / 4 Weeks		
M, W	Aug 3-Aug 26	7:00pm-8:00pm	Level 1	
Tu, Th	Aug 4-Aug 27	7:00pm-8:00pm	Level 2	
F	Aug 7-Aug 28	4:30pm-6:30pm	Level 3	
Sa	Aug 8-Aug 29	3:30pm-5:30pm	Level 4	

Hooked on Golf



Golf Digest recently named Tierra Verde Golf Club as one of the top “Best Places to Play” in the country. The award is based on ratings from readers. The averages are used to determine a star rating using a five-point scale. The evaluations are based on total player experience including the actual course, service, value, pace of play and conditioning of the course.

Tierra Verde Golf Club

May

Age 6-11		\$149 / 4 Weeks	
Tu, Th	May 5-May 28	4:30pm-5:30pm	Level 1
M, W	May 4-May 27	4:30pm-5:30pm	Level 2
Tu, Th	May 5-May 28	5:45pm-6:45pm	Level 3
M, W	May 4-May 27	5:45pm-6:45pm	Level 4

Age 12-17		\$149 / 4 Weeks	
Tu, Th	May 5-May 28	7:00pm-8:00pm	Level 1
M, W	May 4-May 27	7:00pm-8:00pm	Level 2
F	May 8-May 29	6:00pm-8:00pm	Level 3
Sa	May 9-May 30	6:00pm-8:00pm	Level 4

June

Age 6-11		\$149 / 4 Weeks	
M, W	Jun 8-Jul 1	8:00am-9:00am	Level 1
M, W	Jun 8-Jul 1	4:30pm-5:30pm	Level 1
Tu, Th	Jun 9-Jul 2	4:30pm-5:30pm	Level 2
M, W	Jun 8-Jul 1	5:45pm-6:45pm	Level 3
Tu, Th	Jun 9-Jul 2	5:45pm-6:45pm	Level 4

Age 12-17		\$149 / 4 Weeks	
M, W	Jun 8-Jul 1	9:15am-10:15am	Level 1
M, W	Jun 8-Jul 1	7:00pm-8:00pm	Level 1
Tu, Th	Jun 9-Jul 2	7:00pm-8:00pm	Level 2
M	Jun 8-Jun 29	10:30am-12:30pm	Level 3
W	Jun 10-Jul 1	10:30am-12:30pm	Level 4

July

Age 6-11		\$149 / 4 Weeks	
Tu, Th	Jul 7-Jul 30	9:00am-10:00am	Level 1
M, W	Jul 6-Jul 29	4:30PM-5:30pm	Level 1
M, W	Jul 6-Jul 29	8:00am-9:00am	Level 2
Tu, Th	Jul 7-Jul 30	4:30pm-5:30pm	Level 2
Tu, Th	Jul 7-Jul 30	5:45pm-6:45pm	Level 3
M, W	Jul 6-Jul 29	5:45pm-6:45pm	Level 4

Age 12-17		\$149 / 4 Weeks	
Tu, Th	Jul 7-Jul 30	10:15am-11:15am	Level 1
Tu, Th	Jul 7-Jul 30	7:00pm-8:00pm	Level 1
M, W	Jul 6-Jul 29	9:15am-10:15am	Level 2
M, W	Jul 6-Jul 29	7:00pm-8:00pm	Level 2
M	Jul 6-Jul 27	11:00am-1:00pm	Level 3
W	Jul 8-Jul 29	11:00am-1:00pm	Level 4

August

Age 6-11		\$149 / 4 Weeks	
M, W	Aug 3-Aug 26	4:30pm-5:30pm	Level 1
Tu, Th	Aug 4-Aug 27	4:30pm-5:30pm	Level 2
M, W	Aug 3-Aug 26	5:45pm-6:45pm	Level 3
Tu, Th	Aug 4-Aug 27	5:45pm-6:45pm	Level 4

Age 12-17		\$149 / 4 Weeks	
M, W	Aug 3-Aug 26	7:00pm-8:00pm	Level 1
Tu, Th	Aug 4-Aug 27	7:00pm-8:00pm	Level 2
F	Aug 7-Aug 28	5:00pm-7:00pm	Level 3
Sa	Aug 8-Aug 29	4:30pm-6:30pm	Level 4

Hooked on Golf for Adults

is a structured program designed to teach the fundamentals necessary to enjoy the game of golf for a lifetime. Whether a beginner interested in learning the basic skills involved in golf, or a player interested in improving your game to become more consistent, the Adult Hooked on Golf program offers a variety of classes to fit your needs.

Level 1 (Beginner)

Arlington Golf's Level 1 program is designed for anyone who wants to learn all the basic fundamentals involved with playing golf. The Level 1 program will help develop the skills needed in order to have you on the golf course as fast as possible. Participants in this level will receive up to eight hours of instruction, free rounds of golf, a range & golf discount card and many other great benefits!

\$199 / 4 Weeks

Tierra Verde

Age: 18 and up

			Class#
Sa	May 2-May 23	9:30am-11:30am	6
Su	May 24-Jun 14	12:30pm-2:30pm	7
Sa	Jun 6-Jun 27	12:00pm-2:00pm	8
Su	Jun 21-Jul 12	12:30pm-2:30pm	9
F	Jun 26- Jul 17	6:30pm-8:30pm	10
Sa	Jul 4-Jul 25	9:00am-11:00am	11
F	Jul 10-Jul 31	9:00am-11:00am	12
Su	Jul 19-Aug 9	3:00pm-5:00pm	13
M, W	Aug 3-Aug 26	6:00pm-7:00pm	14
Sa	Aug 8-Aug 29	11:30am-1:30pm	15
Su	Aug 16- Sep 6	5:30pm-7:30pm	16
W	Aug 26-Sep 16	10:00am-12:00pm	17

Ditto

Age: 18 and up

			Class#
Sa	May 9-May 30	9:00am-11:00am	3
Su	May 5-May 31	1:00pm-3:00pm	4
Sa	Jun 6-Jun 27	9:00am-11:00am	5
Su	Jun 7-Jun 28	1:00pm-3:00pm	6
Sa	Jul 11-Jul 1	9:00am-11:00am	7
Sa	Aug 8-Jul 29	9:00am-11:00am	8
Sa	Sep 5-Sep 26	9:30am-11:30am	9

For more information on the Adult Hooked on Golf program

or to register for classes call: Tierra Verde Golf Club

817-478-8500 or Ditto Golf Course 817-275-5941.

Visit us online at www.arlingtongolf.com

Level 2 (Breaking 100)

Arlington Golf's Level 2 program is designed for anyone who has either completed the beginner level, has trouble breaking 100, or has taken golf lessons in the past and wishes to become more consistent. The main focus of Level 2 is the full swing. This class will also cover aspects of the short game including chipping, pitching and putting. Participants in this level receive up to eight hours of instruction, with a maximum of 6 to 1 student-to-teacher ratio. Students will also receive free rounds of golf, a range & golf discount card and many other great benefits!

\$229 / 4 Weeks

Tierra Verde

Age: 18 and up

			Class#
Sa	May 16-Jun 6	2:30pm-4:30pm	5
Su	Jun 7-Jun 28	3:00pm-5:00pm	6
Tu	Jun 23-Jul 14	12:30pm-2:30pm	7
Sa	Jul 4-Jul 25	11:30pm-1:30pm	8
Su	Jul 19-Aug 9	12:30pm-2:30pm	9
Sa	Aug 8-Aug 29	2:00pm-4:00pm	10
Su	Aug 16- Sep 6	3:00pm-5:00pm	11
W	Aug 26-Sep 16	12:30pm-2:30pm	12

Ditto

Age: 18 and up

			Class#
Su	May 5-May 31	10:00am-12:00am	3
Su	Jun 7-Jun 28	10:00am-12:00pm	4
Sa	Jul 11-Aug 1	1:00pm-3:00pm	5
Su	Jul 12-Aug 2	10:00am-12:00pm	6
Sa	Aug 8-Aug 29	1:00am-3:00pm	7
Su	Aug 9-Aug 30	10:00am-12:00pm	8

Level 3 (Breaking 90)

Arlington Golf's Level 3 program is designed for experienced golfers looking to lower their scores and get more out of their game. The Level 3 program features up to eight hours of instruction and free rounds of golf at many of Arlington's premier courses. With a main focus on the short game, this class is sure to bring your scores down and make your golf experiences more enjoyable.

\$249 / 4 Weeks

Tierra Verde

Age: 18 and up

			Class#
Sa	Jun 6-Jun 27	5:00pm-7:00pm	1
Su	Jul 19-Aug 9	5:30pm-7:30pm	2
Su	Aug 16-Sep 6	5:30pm-7:30pm	3

Ditto

Age: 18 and up

			Class#
Sa	May 9-May 30	1:00pm-3:00pm	3
Sa	Jun 6-Jun 27	1:00pm-3:00pm	4
Su	Jul 12-Aug 2	1:00pm-3:00pm	5
Su	Aug 9-Aug 30	1:00pm-3:00pm	6
Su	Sep 6-Sep 27	12:00pm-2:00pm	7



Happenings at TVGC



Tierra Verde Demo Day Festival

June 6, 2009 10:00am to 10:00pm

If you play golf or know someone who does, then you don't want to miss this event!

Join us for a day filled with golf and non-golf activities ending with live entertainment on the patio.

Come, try the latest equipment and see the newest golf apparel from many manufactures at one location. Enjoy the free golf instructional clinics by Amy Fox & Jonathan Bird as well as a long drive exhibition featuring Jamie Sadlowski, the 2008 Re/Max World Long Drive Champion, and Art Sellinger, Re/Max World Long Drive Championship Competitor.

For more information and a schedule of the days events please visit www.arlingtongolf.com



Party on the Patio

Party on the Patio at Tierra Verde Golf Club is back in 2009...
With More Great Music, Food and Fun!

April 24 - Sittin' Duck

May 22 - Brad Thompson Band

June 26 - Velvet Love Box

July 24 - Me & Pooch

August 28 - Johnny and the Doo Wops

September 25 - Too Smooth

October 23 - The Party Crashers

Table seating is available on the patio.

Or bring your blanket and lawnchairs and enjoy the outside atmosphere.





"2008 USTA Outstanding Facility Award"

Recipient

Arlington Tennis Center is an award-winning public tennis facility offering classes, drills and leagues for players of all ages and abilities from beginner to advanced levels. The facility and staff host frequent special events, including seven sanctioned tournaments each year, a National Open Championship and a USTA National Intersectional Team Event, with several non-sanctioned tournaments. It also serves as the host site for over 40 other tournaments and events each year.

ATC features classes, lessons, drills, leagues and special events. Class and League registrations must be made at least three days in advance of the starting date to avoid a \$5 late fee. Registrations can be made on-line at www.naturallyfun.org, over the phone or in person by visiting the Arlington Tennis Center. Private instruction is also available. Bring a group of four or more players and we will customize a class just for you!

For additional information, call

The Arlington Tennis Center at 817-459-6163

or visit www.arlingtontennis.net or email atc@arlingtontx.gov.

Tennis Center Hours

Monday-Thursday 8:00am-9:30pm

Friday 8:00am-8:00pm

Saturday 8:00am-5:00pm

Sunday 12:00pm-8:00pm

*Hours may be extended during special events.

Arlington Tennis Center features:

- 20 outdoor, lighted tennis courts
- Plexi-pave court surfaces
- 3,000 sq. ft. building with administrative offices
- Fully stocked pro shop
- Complete locker room facilities with showers
- Concession area offering snacks and drinks
- Wireless Internet

Arlington Tennis Center Services

Pro Shop

Featuring the latest in racquets, strings, grips and other accessories, including bags and other on-court needs. ATC's pro shop also has dozens of unique tennis-themed novelties, jewelry and gifts that are perfect for new or experienced players.

Racquet Stringing

Two-day service on racquet stringing and state-of-the-art Babolat Star 3 equipment are just a few of the benefits to using the Arlington Tennis Center's racquet stringing service.

Demo Racquets

Our "try it before you buy it" demo program allows you to try out racquets ON SITE.

Ball Machine

PlayMate Ball Machine rentals available for single use or with annual pass memberships.

Tennis

Events

May 2

Arlington Tennis Center Carnival by the Courts
Block Party for All Ages

May 2-3

Walnut Creek Country Club
Junior ZAT Tournament

May 9

Arlington Tennis Center hosts USPTA's
Tennis Across America

May 9-10

Arlington Tennis Center Annual Relative
Roundup Doubles / Mixed Doubles Event

May 16-20

USTA National Open Championships Girls' 14s

May 23-25

Maureen Connolly Brinker Little Mo Regional
Junior Tournament

May 30-31

Texas State Public Parks State Championship
Singles and Doubles Tournament

June 19

Arlington Tennis Center Mid Cities
Junior Circuit Tournament

June 20-21

USTA League Men's Playoffs

July 11-12

Arlington Tennis Center ZAT Junior Tournament

July 18-19

ITA Collegiate Circuit Tournament

July 24-25

Fort Worth Adult Major Zone Tournament

July 26

Arlington Tennis Association USTA
Block Party / PlayDay

August 14-17

Arlington Tennis Center
Super Championship Major Zone Junior Tournament

August 21-23

Arlington Tennis Association
Junior Singles Open

August 28-30

Fort Worth Combo Adult Mixed
Doubles Tournament

Serve Up Summer FUN at a Tennis Camp!

The ATC junior tennis camps are designed for players
of all skill levels. Check out page 52 for all the details.

Tennis Classes

Adult Beginner

Adult Beginner classes are designed to introduce the fundamentals of tennis in a fun and games format. Saturday classes meet once per week. Weekday classes meet twice per week. Make-ups due to weather are scheduled on Fridays. Note: August is a two-week session. PURCHASE A PRESTRUNG BEGINNER TENNIS RACQUET FOR ONLY \$15 WHEN YOU REGISTER FOR A CLASS! Call 817-459-6163 for more information.

\$44 / 4 Class Dates

Sa	Jun 6	11:00am-12:00pm	107723
Sa	Jul 18	11:00am-12:00pm	107724
Tu, Th	Aug 4	9:00am-10:00am	107729
Tu, Th	Aug 4	7:00pm-8:00pm	107734

\$88 / 8 Class Dates

Tu, Th	May 5	9:00am-10:00am	101971
Tu, Th	May 5	7:00pm-8:00pm	101977
Tu, Th	Jun 9	9:00am-10:00am	107727
Tu, Th	Jun 9	7:00pm-8:00pm	107732
Tu, Th	Jul 7	9:00am-10:00am	107728
Tu, Th	Jul 7	7:00pm-8:00pm	107733

Adult Intermediate/Advanced

Adult Intermediate and Advanced classes are for players who are ready to refine strokes, plan strategies and begin competitive play in a fun atmosphere. Saturday classes meet once per week. Weekday classes meet twice per week. Make-ups due to weather are scheduled on Fridays. Note: August is a two-week session.

\$44 / 4 Class Dates

Sa	Jun 6	12:00pm-1:00pm	107775
Sa	Jul 18	12:00pm-1:00pm	107776
Tu, Th	Aug 4	10:00am-11:00am	107781
Tu, Th	Aug 4	8:00pm-9:00pm	107786

\$88 / 8 Class Dates

Tu, Th	May 5	10:00am-11:00am	101982
Tu, Th	May 5	8:00pm-9:00pm	101987
Tu, Th	Jun 9	10:00am-11:00am	107779
Tu, Th	Jun 9	8:00pm-9:00pm	107784
Tu, Th	Jul 7	10:00am-11:00am	107780
Tu, Th	Jul 7	8:00pm-9:00pm	107785

Adult Leagues

Mixed Drill League

Combines league play with supervised match play and instruction.

\$90 / 6 Dates

M	Jun 8	6:30pm-8:00pm	108363
M	Jul 20	6:30pm-8:00pm	108364

Ladies' 2.5-3.5 Doubles

\$36 / 6 League Dates

M	Jun 8	9:00am-10:30am	108351
M	Jul 20	9:00am-10:30am	108352

Ladies' 3.0-4.0 Doubles

\$36 / 6 League Dates

Tu	Jun 9	6:30pm-8:00pm	108354
Tu	Jul 21	6:30pm-8:00pm	108355

Ladies' Open Singles

\$36 / 6 League Dates

M	Jun 8	8:00pm-9:30pm	108357
M	Jul 20	8:00pm-9:30pm	108358

Men's 3.0 Singles

\$36 / 6 League Dates

Th	Jun 11	6:30pm-8:00pm	108366
Th	Jul 23	6:30pm-8:00pm	108367

Men's 3.5 Singles

\$36 / 6 League Dates

W	Jun 10	8:00pm-9:30pm	108369
W	Jul 22	8:00pm-9:30pm	108370

Men's 4.0 Singles

\$36 / 6 League Dates

W	Jun 10	6:30pm-8:00pm	108372
W	Jul 22	6:30pm-8:00pm	108373

Men's 4.5 Singles

\$36 / 6 League Dates

Tu	Jun 9	8:00pm-9:30pm	108375
Tu	Jul 21	8:00pm-9:30pm	108376

Men's Open Doubles

\$36 / 6 League Dates

M	Jun 8	6:30pm-8:00pm	108363
M	Jul 20	6:30pm-8:00pm	108364

Mixed Open Doubles

\$36 / 6 League Dates

Th	Jun 11	8:00pm-9:30pm	108360
Th	Jul 23	8:00pm-9:30pm	108361

Junior QuickStart

QuickStart tennis classes on Saturdays are designed to introduce players ages 4-10 to the fundamentals of tennis in a fun and games format, with courts, nets and equipment scaled to fit the age of the players. Saturday classes meet once per week. Weekday classes meet twice per week. Make-ups due to weather are scheduled on Fridays.

No class Memorial Day. August is a two-week session. PURCHASE A PRESTRUNG BEGINNER RACQUET FOR ONLY \$15 WHEN YOU REGISTER FOR A CLASS! Call 817-459-6163 for more information.

Age 4-6

\$22 / 4 Class Dates

Sa	Jun 6	8:30am-9:00am	108341
Sa	Jul 18	8:30am-9:00am	108342
M, W	Aug 3	4:30pm-5:00pm	108347
M, W	Aug 3	8:30am-9:00am	108350

\$38.50 / 7 Class Dates

M, W	May 4	4:30pm-5:00pm	102000
------	-------	---------------	--------

\$44 / 8 Class Dates

M, W	Jun 8	4:30pm-5:00pm	108345
M, W	Jun 8	8:30am-9:00am	108348
M, W	Jul 6	4:30pm-5:00pm	108346
M, W	Jul 6	8:30am-9:00am	108349

Age 7-10

\$44 / 4 Class Dates

Sa	Jun 6	9:00am-10:00am	108325
Sa	Jul 18	9:00am-10:00am	108326
M, W	Aug 3	5:00pm-6:00pm	108331
M, W	Aug 3	9:00am-10:00am	108334
Tu, Th	Aug 4	6:00pm-7:00pm	108337
Tu, Th	Aug 4	9:00am-10:00am	108340

\$77 / 7 Class Dates

M, W	May 4	5:00pm-6:00pm	102009
------	-------	---------------	--------

\$88 / 8 Class Dates

Tu, Th	May 5	6:00pm-7:00pm	102015
M, W	Jun 8	5:00pm-6:00pm	108329
M, W	Jun 8	9:00am-10:00am	108332
Tu, Th	Jun 9	6:00pm-7:00pm	108335
Tu, Th	Jun 9	9:00am-10:00am	108338
M, W	Jul 6	5:00pm-6:00pm	108330
M, W	Jul 6	9:00am-10:00am	108333
Tu, Th	Jul 7	6:00pm-7:00pm	108336
Tu, Th	Jul 7	9:00am-10:00am	108339

Adult Drills One hour, \$12 per drill or buy seven and get the eighth drill FREE! Call ahead to sign up.

Adult Drill League

Drill Leagues are designed for 2.0-3.0 players who are ready for competitive play. Drill leagues are perfect for ATC intermediate and advanced players who are ready to move to the next level. Drill leagues are 45 minutes of instruction followed by 45 minutes of supervised play.

Adult and Junior Private Lessons

Private lessons are an ideal way to work on the specifics of your game that you would like to improve. Scheduled at your convenience, private lessons can be the answer to accommodate your busy life. Call the Arlington Tennis Center to sign up for your private tennis lessons today.

Purchase a series of seven lessons, and get the eighth one free!

USPTA Pro . . . \$45/hour

USPTA Head Pro . . . \$60/hour

Tennis

Junior Beginner

Beginner classes for juniors aged 11-16 are designed to introduce the fundamentals of tennis in a fun and games format. Students are divided into age and ability levels. Saturday classes meet once per week. Weekday classes meet twice per week. Make-ups due to weather are scheduled on Friday.

No class Memorial Day. August is a two-week session.
PURCHASE A PRESTRUNG BEGINNER RACQUET FOR ONLY \$15 WHEN YOU REGISTER FOR A CLASS!
Call 817-459-6163 for more information.

\$44 / 4 Class Dates			
Sa	Jun 6	9:00am-10:00am	108153
Sa	Jul 18	9:00am-10:00am	108154
M, W	Aug 3	5:00pm-6:00pm	108159
M, W	Aug 3	9:00am-10:00am	108162
Tu, Th	Aug 4	6:00pm-7:00pm	108165
Tu, Th	Aug 4	9:00am-10:00am	108324

\$77 / 7 Class Dates			
M, W	May 4	5:00pm-6:00pm	102024

\$88 / 8 Class Dates			
Tu, Th	May 5	6:00pm- 7:00pm	102029
M, W	Jun 8	5:00pm-6:00pm	108157
M, W	Jun 8	9:00am-10:00am	108160
Tu, Th	Jun 9	6:00pm-7:00pm	108163
Tu, Th	Jun 9	9:00am-10:00am	108166
M, W	Jul 6	5:00pm-6:00pm	108158
M, W	Jul 6	9:00am-10:00am	108161
Tu, Th	Jul 7	6:00pm-7:00pm	108164
Tu, Th	Jul 7	9:00am-10:00am	108323

Junior Advanced

Advanced classes are for junior players aged 7-16 who are ready to begin higher level competitive play in tournaments and leagues. Students are divided into age and ability levels. Saturday classes meet once per week. Weekday classes meet twice per week. Make-ups due to weather are scheduled on Fridays. No class Memorial Day. August is a two-week session.

\$44 / 4 Class Dates			
Sa	Jun 6	11:00am-12:00pm	108143
Sa	Jul 18	11:00am-12:00pm	108144
M, W	Aug 3	7:00pm-8:00pm	108149
M, W	Aug 3	11:00am-12:00pm	108152

\$77 / 7 Class Dates			
M, W	May 4	7:00pm-8:00pm	102076

\$88 / 8 Class Dates			
M, W	Jun 8	7:00pm-8:00pm	108147
M, W	Jun 8	11:00am-12:00pm	108150
M, W	Jul 6	7:00pm- 8:00pm	108148
M, W	Jul 6	11:00am-12:00pm	108151

Junior Intermediate

Intermediate classes for juniors aged 7-10 and 11-16 are for players who are ready to refine strokes, plan strategies and begin competitive play in a fun atmosphere. Saturday classes meet once per week. Weekday classes meet twice per week. Make-ups due to weather are scheduled on Fridays. No class Memorial Day. August is a two-week session.

Age 7-10			
\$44 / 4 Class Dates			
Sa	Jun 13	10:00am-11:00am	108378
Sa	Jul 18	10:00am-11:00am	108379
M, W	Aug 3	6:00pm-7:00pm	108384
M, W	Aug 3	9:00am-10:00am	108387
Tu, Th	Aug 4	5:00pm-6:00pm	108390
Tu, Th	Aug 4	9:00am-10:00am	108393

\$77 / 7 Class Dates			
M, W	May 4	6:00pm-7:00pm	102038
\$88 / 8 Class Dates			
Tu, Th	May 5	5:00pm-6:00pm	102043
M, W	Jun 8	6:00pm-7:00pm	108382
M, W	Jun 8	9:00am-10:00am	108385
Tu, Th	Jun 9	5:00pm-6:00pm	108388
Tu, Th	Jun 9	9:00am-10:00am	108391
M, W	Jul 6	6:00pm-7:00pm	108383
M, W	Jul 6	9:00am-10:00am	108386
Tu, Th	Jul 7	5:00pm-6:00pm	108389
Tu, Th	Jul 7	9:00am-10:00am	108392

Age 11-16			
\$44 / 4 Class Dates			
Sa	Jun 6	10:00am-11:00am	108394
Sa	Jul 18	10:00am-11:00am	108395
M, W	Aug 3	6:00pm-7:00pm	108400
M, W	Aug 3	9:00am-10:00am	108403
Tu, Th	Aug 4	5:00pm- 6:00pm	108406
Tu, Th	Aug 4	9:00am-10:00am	108409

\$77 / 7 Class Dates			
M, W	May 4	6:00pm-7:00pm	102062

\$88 / 8 Class Dates			
Tu, Th	May 5	5:00pm- 6:00pm	102067
M, W	Jun 8	6:00pm-7:00pm	108398
M, W	Jun 8	9:00am-10:00am	108401
Tu, Th	Jun 9	5:00pm-6:00pm	108404
Tu, Th	Jun 9	9:00am-10:00am	108407
M, W	Jul 6	6:00pm-7:00pm	108399
M, W	Jul 6	9:00am-10:00am	108402
Tu, Th	Jul 7	5:00pm- 6:00pm	108405
Tu, Th	Jul 7	9:00am-10:00am	108408

Special Programs



Preschool at DLRC

I Like Me

I'm special and so are you. What can I do? Let's see what your favorite things are. We will find out all about our friends and ourselves and boost our self-esteem.

Age: 3
 Tu, Th May 5 9:00am-12:00pm DLRC 101332 **\$70 / Month**



I'm Special

There is something special about each and every one of us. This month of preschool will emphasize self-confidence, individuality and diversity.

Age: 4-5
 Tu, Th May 5 9:00am-12:00pm DLRC 101333 **\$70 / Month**

Cooking Up A Story

Join us for a class that combines great stories, yummy snacks and awesome crafts! Each class we will read a story and make a related snack or craft. This is a parent participation class.

Age: 1-4
 Th Jun 4 10:30am-11:00am DLRC 109026
 Th Jul 9 10:30am-11:00am DLRC 109027
 Th Aug 6 10:30am-11:00am DLRC 109028 **\$30 / 4 Classes**

Note: Dates listed are session starting dates.

Parachute Fun

We're bringing out the parachute for some fun games and music. Parachute Fun will help with coordination and color identification for preschoolers.

Age: 2-5
 W May 6 10:30am-11:00am EORC 108739
 W Jun 3 10:30am-11:00am EORC 108737
 W Jul 1 10:30am-11:00am EORC 108738
 W Aug 5 10:30am-11:00am EORC 108740 **\$30 / 4 Classes**



Helping Hands - Preschool

This program provides a safe environment for your child while she/he is developing. Helping Hands is a fun and educational program for your child.

Age: 2-5
 Tu, Th May 5 8:30am-11:30am EORC 108862
 Tu, Th Jun 2 8:30am-11:30am EORC 108863
 Th, Tu Jul 2 8:30am-11:30am EORC 108864
 Tu, Th Aug 4 8:30am-11:30am EORC 108865 **\$70 / Month**

Preschool Playhouse

During this year-round program, we will carry out different themes using crafts, songs, stories, games and other fun activities. We will also introduce colors, shapes, numbers, letters and much more.

Age: 3
 Tu, Th May 5 9:00am-12:00pm CNRC 109053
 Tu, Th Jun 2 9:00am-12:00pm DLRC 109052
 Th, Tu Jul 2 9:00am-12:00pm DLRC 109056 **\$70 / Month**

Age: 3-5
 Tu, Th Jun 2 9:00am-12:00pm CNRC 108102
 Th, Tu Jul 2 9:00am-12:00pm CNRC 109288
 Tu, Th Aug 4 9:00am-12:00pm CNRC 109289 **\$70 / Month**

Age: 4-5
 Tu, Th May 5 9:00am-12:00pm CNRC 109058
 Tu, Th Jun 2 9:00am-12:00pm DLRC 109057
 Th, Tu Jul 2 9:00am-12:00pm DLRC 109061 **\$70 / Month**

Special Programs

After School at Dottie Lynn Rec. Center

Spring Into Summer

The school year is coming to a close and summer is almost here. Celebrate a year's worth of hard work at school with your friends at Dottie Lynn. We will play lots of games, eat tasty snacks and have fun with friends and afterschool staff! If your child attends Duff Elementary, staff members will escort your child to Dottie Lynn each day. If your child attends Hill or Dunn Elementary, a staff member will transport your child from school to the recreation center in a city van at 3:20 pm. Space on the van is limited so register early.

Age: 5-13			\$130 / Month	
M-F	May 1	3:20pm-6:30pm	DLRC	101364
M-F	May 1	3:20pm-6:30pm	DLRC	101365
M-F	May 1	3:20pm-6:30pm	DLRC	101366

Hugh Smith Rec. Center

Brains & Brawn After School Program

Brains & Brawn is an after school program designed specifically for elementary age children in grades K-3. Brains & Brawn strikes a balance between sports and scholastic activities by devoting one full hour to each. Brains & Brawn operates on a first come first serve basis. The after school program will follow the AISD calendar and will not be held on early dismissal days.

Age: 5-8			\$30 / Month	
M-F	May 1	3:30pm-5:30pm	HSRC	100608
M-F	May 1	3:30pm-5:30pm	HSRC	100609

Education

Pre-Teen After School Program

Pre-Teen is an after school program designed specifically for elementary age children in grades 4-6. The Pre-Teen program strikes a balance between sports and scholastic activities by devoting one full hour to each. Pre-Teen operates on a first come first serve basis. The after school program will follow the AISD calendar and will not be held on early dismissal days.

Age: 9-12			\$30 / Month	
M-F	May 1	3:20pm-5:30pm	HSRC	100618
M-F	May 1	3:30pm-5:30pm	HSRC	100619

Navigating to the 9th Grade

The transition into high school is a critical time. Let this class be your child's guide on the road map to successful completion of freshman year. Students meet with a "Guide" one hour each week to set goals, plan how to accomplish goals and discuss any road blocks to success they encounter. This program is designed to train your child how to take control of his/her education and establish behavioral patterns consistent with success.

Fee includes weekly planner. Class limited to 10 people.

Ages: 13-16			\$125 / semester	
Su	Aug 16	5:00pm-6:00pm	CNRC	109723

The \$2 Tutor GED Preparation Class

Have you thought about getting your GED but just don't know how to go about it or what to expect? For \$2 an hour, you can get the tutoring you need to prepare for this exam. This class will show you exactly what to expect from the test and help you address your specific areas of concern. Fee includes all printed materials. Class limited to 15 people.

Ages: 17 and up			\$30 / 4 classes	
Sa	Jun 6	9:00am-1:00pm	CNRC	109724
Sa	July 11	9:00am-1:00pm	CNRC	109725
Sa	Aug 8	9:00am-1:00pm	CNRC	109726
Sa	Jun 6	2:00pm-6:00pm	HSRC	
Sa	Jul 11	2:00pm-6:00pm	HSRC	
Sa	Aug 8	2:00pm-6:00pm	HSRC	

Beginning Sign Language

Come learn the basics of American Sign Language. In this course we will learn letters, numbers and common phrases. Learn how to express yourself in a new and creative way.

Age: 5 and up			\$30 / 4 Classes	
Th	Jun 4	5:00pm-5:50pm	CNRC	109290
Th	Jul 9	5:00pm-5:50pm	CNRC	109291
Th	Aug 6	5:00pm-5:50pm	CNRC	109292

Register online at:



www.NaturallyFun.org



Special Interest

Beginning Spanish

¿Habla Español? This introductory class teaches the basics of conversational Spanish. Students will learn numbers, colors, days, months and other common vocabulary needed for conversation.

Age: 6-12		\$30 / 4 Classes	
Tu	Jun 2	5:00pm-5:50pm	DLRC 109032
Tu	Jul 7	5:00pm-5:50pm	DLRC 109034
Tu	Aug 4	5:00pm-5:50pm	DLRC 109035

German

Guten Tag!! Come learn the language of the Duetsch in this fun interactive class. Participants will learn colors, numbers and letters as well as common German phrases.

Age: 6-12		\$32 / 4 Classes	
Sa	Jun 6	2:00pm-3:00pm	CNRC 109314
Sa	Jul 11	2:00pm-3:00pm	CNRC 109315
Sa	Aug 8	2:00pm-3:00pm	CNRC 109316

Specialty

Amateur Authors

This class will teach the basics of developing plot and characters and how to make vibrant illustrations. Each participant will create their own short story with illustrations throughout the course.

Age: 8-15		\$30 / 4 Classes	
Sa	Jun 6	1:00pm-2:00pm	DLRC 109029
Sa	Jul 11	1:00pm-2:00pm	DLRC 109030
Sa	Aug 8	1:00pm-2:00pm	DLRC 109031

Cooking 101

Calling all Chefs! In this fun and exciting class young chefs will learn how to create yummy culinary masterpieces. Learn the basics on measuring, preparing food and putting dishes together. Bring your appetite because we'll taste what we make!

Age: 6-12		\$40 / 4 Classes	
M	Jun 1	6:00pm-6:50pm	CNRC 109294
M	Jul 6	6:00pm-6:50pm	CNRC 109296
M	Aug 3	6:00pm-6:50pm	CNRC 109297

Breakfast Anytime!

Each class includes recipes, personalized instruction, and simple cooking demonstrations that can be recreated at home. We will take you step by step through getting the recipe together, cooking and final presentation. Learn to make Breakfast Anytime!

Age: 13 and up		\$52 / 4 Classes	
Tu	May 5	7:15pm-8:30pm	EORC 107076

Parent and Me Cooking Class

Join us in the kitchen as we roll up our sleeves and learn how to cook! We will take a look at some of our favorite recipes and even make up some new ones. This is a parent interaction class so plan on staying for the entire class time.

Age: 3-5		\$39 / 4 Classes	
Tu	Jun 2	5:00pm-5:50pm	CNRC 109317
Tu	Jul 7	5:00pm-5:50pm	CNRC 109318
Tu	Aug 4	5:00pm-5:50pm	CNRC 109319

Eco-Adventures

Ever wanted to learn more about the world around you? Well now you can! This exciting class will teach you all about the different habitats found in our own backyards. Participants will go on nature walks, create fun projects and do fun experiments involving nature!

Age: 6-12		\$30 / 4 Classes	
W	Jun 3	5:00pm-5:50pm	CNRC 109298
W	Jul 8	5:00pm-5:50pm	CNRC 109302
W	Aug 5	5:00pm-5:50pm	CNRC 109303

Super Scientists

Come explore the wonderful world of science in this hands-on course. Here we will explore the fields of biology and chemistry while conducting some wild and wacky experiments.

Age: 6-12		\$32 / 4 Classes	
Tu	Jun 2	6:00pm-6:50pm	CNRC 109321
Tu	Jul 7	6:00pm-6:50pm	CNRC 109322
Tu	Aug 4	6:00pm-6:50pm	CNRC 109323

Special Interest

Overnight at the Rec.

Parents, here is your chance to have a night to yourselves. Drop your kids off at 6:00pm for fun and games and pick them up at 7:30am the next morning.

Age: 7-15		\$30 / 1 Class	
F	Jun 19	6:00pm-7:30am	DLRC 108856
F	Jul 17	6:00pm-7:30am	EORC 108857
F	Jul 24	6:00pm-7:30am	CNRC 108858

Camping 101

Love the outdoors? Want to learn about the wilderness? In this class we will learn the fundamentals of camping such as setting up a camp site, learning about wildlife, cooking outdoors, hiking and much more! The course will end with an overnight campout!

Location: River Legacy Park - East

Age: 6-12		\$50 / 6 Classes	
Tu	May 5	5:30pm-6:30pm	108881
Sa	May 9	1:00pm-2:30pm	108882
Tu	Jun 16	5:30pm-6:30pm	108883
Sa	Jun 20	1:00pm-2:30pm	108885
Tu	Jul 28	5:30pm-6:30pm	108884
Sa	Aug 1	1:00pm-2:30pm	108886

Engineering Marvels

Ever wanted to build a bridge? A castle? How about a catapult? Now's your chance! By using everyday objects young engineers will learn how to turn their dreams into reality.

Age: 6-12		\$32 / 4 Classes	
Sa	Jun 6	10:30am-11:30am	CNRC 109306
Sa	Jul 11	10:30am-11:30am	CNRC 109312
Sa	Aug 8	10:30am-11:30am	CNRC 109313

Hiking Club

Join us each week as we travel to a new location for a hike. Fee includes admission into parks. Participants should bring a bottle of water and a sack lunch.

Age: 7 and up		\$15 / 1 Class	
Sa	May 16	9:00am-3:00pm	EORC 108850
Sa	Jun 13	9:00am-3:00pm	EORC 108851
Sa	Jul 25	9:00am-3:00pm	EORC 108852
Sa	Aug 15	9:00am-3:00pm	EORC 108853

Nature Explorers

Do you enjoy nature and wildlife? This class will teach you about bird watching, wildlife photography, plant identification, hiking, journaling and much more. This is an interactive class so come prepared to get dirty! Some weeks we will be off-site.

Age: 7-12		\$45 / 4 Classes	
Sa	May 9	10:00am-12:00pm	EORC 108887
Sa	Jun 6	10:00am-12:00pm	EORC 108888
Sa	Jul 11	10:00am-12:00pm	EORC 108891
Sa	Aug 1	10:00am-12:00pm	EORC 108892



Youth Development

Volunteer Program

Why Volunteer? Volunteering is a great way to learn new skills, meet new people and earn respect from your community, family and friends. Teens must fill out and turn in a Supplemental Employment Services form with parent or guardian signature one week prior to the volunteer project. Volunteers will work with the youth summer camp to gain experience for future employment. For more Volunteer opportunities during week please call HSRC at 817-275-1351.

Age: 13-18		FREE / 1 Class	
F	Jun 5	9:00am-3:00pm	HSRC 108085
M-F	Jun 8	9:00am-3:00pm	HSRC 108086
M-F	Jun 15	9:00am-3:00pm	HSRC 108087
M-F	Jun 22	9:00am-3:00pm	HSRC 108088
M-F	Jun 29	9:00am-3:00pm	HSRC 108089
M-F	Jul 6	9:00am-3:00pm	HSRC 108090
M-F	Jul 13	9:00am-3:00pm	HSRC 108091
M-F	Jul 20	9:00am-3:00pm	HSRC 108092
M-F	Jul 27	9:00am-3:00pm	HSRC 108093
M-F	Aug 3	9:00am-3:00pm	HSRC 108094
M-F	Aug 10	9:00am-3:00pm	HSRC 108095
M-F	Aug 17	9:00am-3:00pm	HSRC 108096
M-F	Aug 24	9:00am-3:00pm	HSRC 108097

Summer Camps



Day Off Day Camp

Spend your day off with the staff at DLRC. It's a day jam-packed with activities such as gym sports, games, arts and crafts, movies and more. Campers should bring a sack lunch. An afternoon snack will be provided. Pre-registration required.

Age: 5-12 **\$40 / Day**
M May 4 6:30am-6:30pm DLRC 101323

Summer Mini Camps

Acting & Theater Camp

Learn stage presence and beginning acting while putting on a play using props and stage settings.

Age: 5-12 **\$60 / Week**
M-F Jun 22 1:00pm-4:00pm CNRC 104562
M-F Jul 13 9:00am-12:00pm DLRC 104230

Archery Camp

Archery provides a fundamental relaxation quality in that the archer must be focused on the immediate moment. Students learn they must overcome distractions and obstacles and have a plan of action. It is a self-challenging and rewarding activity, blending physical and mental resources.

Location: River Legacy Park - East

Age: 8-12 **\$60 / Week**
M-F Jun 15 9:00am-12:00pm EORC 104625
M-F Jul 20 9:00am-12:00pm EORC 104626

Art Camp

Spend the week learning the basics of drawing, painting, cartooning and basic crafts.

Age: 5-12 **\$60 / Week**
M-F Jul 28 1:00pm-4:00pm DLRC 104224

Basketball Camp

Learn offense, defense, ball handling, rebounding, shooting and more. Lace up those high tops and come have some fun!

Age: 5-12 **\$60 / Week**
M-F Jun 8 1:00pm-4:00pm CNRC 104561
M-F Jun 22 1:00pm-4:00pm EORC 104624
M-F Jul 6 1:00pm-4:00pm HSRC 104628

Camping 101 Camp

Learn the fundamentals of camping such as setting up a camp site, learning about wildlife, cooking outdoors, hiking and more! The course will end with an overnight camp out.

Location: River Legacy Park - East

Age: 8-13 **\$80 / Week**
M-F Jul 27 9:00am-12:00pm EORC 104639

Cheerleading Camp

READY---OK! This camp is for all prospective cheerleaders or those just wanting to have fun. Campers learn jumps, cheers, yells, chants and dances. Tumbling and gymnastics will be emphasized.

Age: 5-12 **\$60 / Week**
M-F Jun 15 9:00am-12:00pm CNRC 104568
M-F Jul 6 9:00am-12:00pm EORC 104627

Cooking 101 Camp

Young chefs will learn how to create yummy culinary masterpieces. Learn the basics of measuring, preparing food and putting dishes together. Bring your appetite because we will try what we make!

Age: 5-12 **\$70 / Week**
M-F Jul 20 1:00pm-4:00pm CNRC 104574
M-F Aug 10 1:00pm-4:00pm CNRC 110725

Eco-Adventures Camp

Ever wanted to learn more about the world around you? This exciting camp will teach you about the different habitats found in our own backyards. Campers go on nature walks, create fun projects and do fun experiments involving nature!

Age: 5-12 **\$60 / Week**
M-F Jul 13 1:00pm-4:00pm CNRC 104572

Summer Camps

Engineering Camp

Ever wanted to build a bridge or a castle? How about a catapult? By using everyday objects, young engineers will learn how to turn their dreams into reality.

Age: 5-12 **\$70 / Week**
M-F Jun 15 1:00pm-4:00pm CNRC 104566

Young Rembrandts - Anime Cartoon Camp

Come explore the world of Anime with Young Rembrandts! We will learn to draw cartoons in the Anime style and create our own original characters. We'll use a variety of facial expressions, action and movement to illustrate our scenes. On the final day we will pull from what we learned to draw a large comic book scene in the Anime style.

Age: 7-12 **\$69 / Week**
M-Th Jun 15 1:00pm-2:30pm CNRC 109325
M-Th Aug 17 1:00pm-2:30pm CNRC 109326

Young Rembrandts - Art Camp

Explore some Master Artists with Young Rembrandts. We will draw a variety of awe-inspiring images from many familiar artistic masters while exploring different art media.

Ages: 7-12 **\$55 / Week**
M-W Jun 22 1:00pm- 2:30pm CNRC 110723

Young Rembrandts - Pirate Camp

Ahoy mates! Join us as we explore the world of pirates with new drawing adventures! Pirates, treasure maps, sunken treasure, parrots, a grand pirate ship and more will inspire us as we draw using cartoon and realistic techniques.

Ages: 7-12 **\$69 / Week**
M-Th Jul 27 1:00pm-2:30pm CNRC 110724

Register online at:



www.NaturallyFun.org

Guitar Camp

Learn basic guitar chords, strumming techniques, tuning and care of the guitar. Emphasis is on the guitar as accompaniment and will include simple guitar solos. Bring guitar to class.

Age: 8-12 **\$80 / Week**
M-F Jul 13 1:00pm-4:00pm CNRC 104577

Super Scientist Camp

Discover the wonderful world of science in this hands-on course as we explore the fields of biology and chemistry while conducting some wild and wacky experiments.

Age: 5-12 **\$70 / Week**
M-F Aug 10 9:00am-12:00pm CNRC 104578

Cartooning Camp

Learn the basics using shapes, lines, shadows and textures with both pencil and color. We will work on a cartoon story board that will be displayed at the recreational facility.

Age: 6-12 **\$60 / Week**
M-F Jul 13 1:00pm-3:00pm HSRC 104643

Football Camp

Down, set, hut hut! Want to learn the basics of football? We will be learning catching, receiving, punting and more. This is a non-contact instructional class.

Age: 6-12 **\$60 / Week**
M-F Jul 20 1:00pm-4:00pm HSRC 104644

Clay Creations Camp

Bring your imagination to life as you sculpt an assortment of animals and people out of clay. We will use modeling clay, play dough, homemade clay and more. Prepare to get messy in this hands-on experience!

Age: 5-12 **\$60 / Week**
M-F Jul 6 1:00pm-4:00pm CNRC 104570
M-F Aug 10 1:00pm-4:00pm EORC 104629

Camps

Dance Camp

We will explore ballet, creative, jazz, tap and hip hop. Dancers will end the week with a performance for parents and friends. Dance shoes are not required, but bring them if you have them; otherwise, we'll dance in tennis shoes.

Age: 5-12				\$60 / Week
M-F	Jul 6	9:00am-12:00pm	CNRC	104571
M-F	Aug 10	9:00am-12:00pm	DLRC	104225

Dodgeball / Kickball Camp

Dodgeball utilizes our most basic instinct... dodge a moving object. This game increases your child's hand eye coordination and dexterity. We will work on speed and agility as well as basic mechanics of throwing a ball. Children will learn the basic rules and be taught good sportsmanship, teamwork and most importantly how to have some fun!

Age: 6-12				\$60 / Week
M-F	Jul 20	1:00pm-4:00pm	CNRC	104573
M-F	Jul 20	9:00am-12:00pm	EORC	104630

Earth Invaders Camp

Join us as we invade earth and learn all about its habitats, environments and more. This camp will be an ecological and environmental exploration of the world we live in. We will learn through hands on activities, nature hikes, observations and speakers.

Age: 5-12				\$60 / Week
M-F	Aug 3	9:00am-12:00pm	EORC	105273

Gymnastics Camp

Campers are taught rolls, headstands and cartwheels.

Age: 5-12				\$60 / Week
M-F	Jul 27	1:00pm-4:00pm	EORC	104631
M-F	Aug 3	1:00pm-4:00pm	CNRC	104576

Have a Ball Camp

Calling all playground sports enthusiasts; this is the camp for you! Learn the art of Dodgeball, Kickball, Whiffle Ball, Four Square and Flag Football.

Age: 5-12				\$60 / Week
M-F	Jun 8	9:00am-12:00pm	DLRC	104227

Karate Camp

Develop self-control and self-discipline by learning kicks, punches, take-downs and combinations.

Age: 6-12				\$60 / Week
M-F	Jul 27	1:00pm-4:00pm	CNRC	104575

Nature Camp

This week we will fish, learn about camping and canoe at Lake Arlington!

Age: 6-12				\$60 / Week
M-F	Jun 29	9:00am-12:00pm	DLRC	104226

Rock Climbing Camp

Campers learn basic rock climbing techniques including safety before taking their first climb. Group activities are incorporated to build teamwork. This is a great way to build self-esteem and achieve physical fitness.

Age: 6-12				\$60 / Week
M-F	Jun 8	1:00pm-4:00pm	EORC	104632
M-F	Jul 13	1:00pm-4:00pm	EORC	104633
M-F	Aug 10	9:00am-12:00pm	EORC	104634

Indoor Soccer Camp

Learn to perfect ball handling and control, heading, shooting positions and offensive and defensive strategies.

Age: 5-12				\$60 / Week
M-F	Jun 15	9:00am-12:00pm	EORC	104638

Soccer Camp

Learn to perfect ball handling and control, heading, shooting positions, offensive and defensive strategies.

Age: 5-12				\$60 / Week
M-F	Jun 15	9:00am-12:00pm	HSRC	104623
M-F	Jun 29	9:00am-12:00pm	CNRC	104569



Camps

Volleyball Camp

Learn proper techniques for serving, setting, passing, spiking, strategy and teamwork.

Age: 8-12		\$60 / Week		
M-F	Jun 15	1:00pm-4:00pm	CNRC	104567
M-F	Jun 29	1:00pm-4:00pm	EORC	104637

Preschool Camp

Art Academy

Come spend time exploring all things ooey and gooey about art. We will papier mache, finger paint and create a lot of art to take home.

Age: 3-5		\$47 / Week		
M-F	Jun 29	2:00pm-4:00pm	CNRC	104564
M-F	Jul 27	2:00pm-4:00pm	EORC	104645
M-F	Aug 3	9:00am-11:00am	DLRC	104228

Sporties for Shorties Camp

Explore a variety of different sports including soccer, basketball, gymnastics and t-ball. Games and crafts will round out your day.

Age: 3-5		\$47 / Week		
M-F	Jun 29	9:00am-11:00am	EORC	105223
M-F	Jul 13	2:00pm-4:00pm	CNRC	104565
M-F	Jul 13	9:00am-11:00am	EORC	104636
M-F	Jul 27	9:00am-11:00am	DLRC	104229

Diggin' Dinos

Come join us for a "pre-historic" good time as we explore dinosaurs and the world they lived in, what they ate, how big they were and many other cool facts. If your child is a dino-fanatic, this is a great camp for them to come and dig up some bones of their own!

Age: 3-5		\$47 / Week		
M-F	July 6	2:00pm-4:00pm	CNRC	110773

Little Scientists

This week will find your little scientist conducting experiments and doing messy crafts while learning about the world around us!

Age: 3-5		\$47 / Week		
M-F	Aug 3	2:00pm-4:00pm	CNRC	110774

Specialty

Adventure Camp

Adventure Camp is a great place to discover the outdoors. Participants will learn about rock climbing, hiking, kayaking, camping/fishing and mountain biking. We will visit several state parks and have a blast! Participants should wear athletic clothing and bring a sack lunch each day. Space is limited.

Age: 8-14		\$125 / Week		
M-F	Jun 22	7:00am-6:00pm	EORC	104640
M-F	Aug 3	7:00am-6:00pm	EORC	104641

Forestry and Wildlife Camp

This new camp will be a weeks worth of exciting outdoor activities! The camp activities include plant propagation, soil and water testing, wildlife photography, bird watching, hiking, fishing, tree planting and tree identification. There will be several field trips to see environmental conservation in action right here in Arlington. Campers will experience Tierra Verde Golf Club, Ventana Grille, River Legacy Park, a trip to Trinity River and swimming at Randol Mill Pool. Please bring a sack lunch daily. Afternoon snacks will be provided. Location: Randol Mill Park

Age: 8-14		\$125 / Week		
M-F	Jun 8	7:00am-6:00pm		104642
M-F	Jun 15	7:00am-6:00pm		104973

Sports Academy

Sports Academy summer camps offer an exciting opportunity for kids to explore the wonderful world of sports. Participants will benefit from team building exercises while increasing self-esteem through sportsmanship. Camps are designed to teach sports concepts in a fun, yet challenging environment.

Age: 6-15			\$125 / Week	
Soccer				
M-F	Jun 22	9:00am-4:00pm	EORC	105128
Camp FunLIFE				
M-F	Jul 13	9:00am-1:00pm	EORC	105129
Basketball				
M-F	Jul 27	9:00am-4:00pm	EORC	105123
Rock Climbing				
M-F	Aug 3	9:00am-4:00pm	EORC	105125
Volleyball				
M-F	Aug 3	9:00am-4:00pm	MRC	105126

Full Day Summer Camp

Lake Camp

This camp is perfect for the young naturalist! Exciting activities follow a weekly theme including fishing, canoeing, swimming at an outdoor pool, games, conservation education and development of outdoor skills. Each day, campers are required to bring a lunch. A working fishing rod and reel and a life vest are recommended on specific days that will be announced as the summer kicks off. Swim days will be Wednesday & Friday. For more information contact DLRC at 817-277-5001.

Age: 5-12			\$110 / Week	
M-F	Jun 8	7:00am-6:00pm	RSP	109399
M-F	Jun 15	7:00am-6:00pm	RSP	109400
M-F	Jun 22	7:00am-6:00pm	RSP	109401
M-F	Jun 29	7:00am-6:00pm	RSP	109402
M-F	Jul 6	7:00am-6:00pm	RSP	109403
M-F	Jul 13	7:00am-6:00pm	RSP	109404
M-F	Jul 20	7:00am-6:00pm	RSP	109405
M-F	Jul 27	7:00am-6:00pm	RSP	109406
M-F	Aug 3	7:00am-6:00pm	RSP	109407
M-F	Aug 10	7:00am-6:00pm	RSP	109408
M-F	Aug 17	7:00am-6:00pm	RSP	109409

Camp Wannaplay

Camp Wannaplay is a full day camp that offers a variety of activities and opportunities to campers! The week is loaded with excitement from start to end, including Wacky Wednesday (theme days), swim days, arts and crafts and more. Make Camp Wannaplay the place to be! A sliding scale will be available based on 2008 Federal Income Tax Return or an award letter from the government assistance program or AISD free or reduced lunch program. CCMS is accepted. Daily rates are available except when registering online, only the full week fee is available.

Age: 5-12			\$110 / Week	
F	Jun 5	6:30am-6:30pm	HSRC	104270
M-F	Jun 8	6:30am-6:30pm	HSRC	104271
M-F	Jun 15	6:30am-6:30pm	HSRC	104272
M-F	Jun 22	6:30am-6:30pm	HSRC	104273
M-F	Jun 29	6:30am-6:30pm	HSRC	104274
M-F	Jul 6	6:30am-6:30pm	HSRC	104275
M-F	Jul 13	6:30am-6:30pm	HSRC	104276
M-F	Jul 20	6:30am-6:30pm	HSRC	104277
M-F	Jul 27	6:30am-6:30pm	HSRC	104278
M-F	Aug 3	6:30am-6:30pm	HSRC	104279
M-F	Aug 10	6:30am-6:30pm	HSRC	104280
M-F	Aug 17	6:30am-6:30pm	HSRC	104281
M-F	Aug 24	6:30am-6:30pm	HSRC	104282

Full Day Summer Camp

Full day camps offer a new theme each week with games, crafts and other fun activities. Campers also may swim at least once a week at a nearby pool. Five field trips are planned. Campers should bring a sack lunch each day. Campers at EORC may purchase lunch for \$4 per day. An afternoon snack is provided. Daily rates are available except when registering online, only the full week fee is available. Camps are held at CNRC, DLRC & EORC.

Age: 5-12			\$110 / Week	
F	Jun 5	6:30am-6:30pm		
M-F	Jun 8	6:30am-6:30pm		
M-F	Jun 15	6:30am-6:30pm		
M-F	Jun 22	6:30am-6:30pm		
M-F	Jul 6	6:30am-6:30pm		
M-F	Jul 13	6:30am-6:30pm		
M-F	Jul 20	6:30am-6:30pm		
M-F	Jul 27	6:30am-6:30pm		
M-F	Aug 3	6:30am-6:30pm		
M-F	Aug 10	6:30am-6:30pm		
M-F	Aug 17	6:30am-6:30pm		
M-F	Aug 24	6:30am-6:30pm		

Tennis Summer Camp

Arlington Tennis Center junior tennis camps are designed for all levels of players aged 7-17. QuickStart (ages 7-10) and Beginner (ages 11-17) camps introduce the fundamentals of tennis in a fun and games format. High Performance camps are designed for advanced, high school and qualified players. All camps are taught and supervised by USPTA certified professionals to ensure the highest quality instruction. Bring a lunch (12:30-1:00 PM). Make-ups due to weather are scheduled on Fridays. Facility Cards are NOT required for ATC programs. Court assignments are subject to change. Please check in at the front counter.

High Performance			\$120 / 4 Camp Dates	
M-Th	Jun 8	11:00am-2:30pm		108133
M-Th	Jun 15	11:00am-2:30pm		108134
M-Th	Jun 22	11:00am-2:30pm		108135
M-Th	Jun 29	11:00am-2:30pm		108136
M-Th	Jul 6	11:00am-2:30pm		108137
M-Th	Jul 13	11:00am-2:30pm		108138
M-Th	Jul 20	11:00am-2:30pm		108139
M-Th	Jul 27	11:00am-2:30pm		108140
M-Th	Aug 3	11:00 am-2:30pm		108141
M-Th	Aug 10	11:00am- 2:30pm		108142

QuickStart and Beginner			\$120 / 4 Camp Dates	
M-Th	Jun 8	11:00am-2:30pm		108123
M-Th	Jun 15	11:00am-2:30pm		108124
M-Th	Jun 22	11:00am-2:30pm		108125
M-Th	Jun 29	11:00am- 2:30pm		108126
M-Th	Jul 6	11:00am-2:30pm		108127
M-Th	Jul 13	11:00am-2:30pm		108128
M-Th	Jul 20	11:00am-2:30pm		108129
M-Th	Jul 27	11:00am-2:30pm		108130
M-Th	Aug 3	11:00am-2:30pm		108131
M-Th	Aug 10	11:00am-2:30pm		108132

Naturally Fun Neighborhoods



Come Out and Enjoy Free Neighborhood Fun with Arlington Parks and Recreation!

Ditto Golf Course

Saturday April 18, 1-3pm, 801 Brown Blvd.
Golfing Tips & Demonstrations, Contests, Food, Discounts

Earth Day at Veterans Park

Saturday April 25, 11am-1pm, 3600 W Arkansas Lane
Disc Golf, Nature Walks, Wildlife, Nature & Recycling Education

USTA Block Party at Arlington Tennis Center

Saturday May 2, 1-4pm, 500 W Mayfield Road
QuickStart Kids Tennis, Dunking Booth, Music, Food

Arbor Day at Richard Simpson Park

Saturday May 9, 9am-2pm, 6300 W Arkansas Lane
Arbor Day Adventure Race, Free Tree Giveaway, Fishing,
Live Animal Shows

Carl Knox Park

Saturday May 16, 10am-2pm, 1200 Susan Drive
Health & Wellness Fair, Free Medical and Dental Services,
Games, Music

Kids Fishing Derby at Bowman Springs Park

Saturday June 6, 7am-12pm, 7003 Poly Webb Road
8th Annual Kids Fishing Derby, Contests, Kayaking,
Outdoor Activities

Cliff Nelson Recreation Center

Tuesday August 18, 5-8pm, 4600 W Bardin Road
Discounts, Instructor Meet & Greet, Fishing, Games

Don Misenhimer Park

A Playful City USA Play Day

Saturday September 19, 12-2pm, 201 E Lonesome
Dove Trail Soccer, Basketball, Annual Trinity Trash Bash,
Arts & Crafts

Family Campout at Veterans Park*

Friday October 16, 4pm-7am, 3600 W Arkansas Lane
Tent Decorating Contest, Dinner, Movie Under the Stars,
Sleeping Bag Story Time

* Registration and fee required.

Naturally Fun Neighborhoods 
Building Strong and Safe Neighborhoods Through Recreation



For event details go to www.naturallyfun.org • 817-459-5474



2009 Travel Calendar

Mediterranean Cruise

Come cruise to the Mediterranean Coast with us! We will visit beautiful cities in Spain, France and Italy. The trip includes round-trip airfare, accommodations, all meals on the ship, taxes and port charges.

November 7-14

Inside Cabin: \$2,446
Ocean View Cabin: \$2,767
Balcony Cabin: \$2,996
Deposit of \$350 by June 1;
final payment by July 23.

New Orleans Sight Seeing

Jazz up your summer with a trip to New Orleans! We will take a carriage ride in the French Quarter, enjoy gaming at Harrah's Casino, relax on a Riverboat Cruise, tour a historic plantation and lots more. The trip includes transportation, hotel, eight meals and all admission fees.

August 10 - 14

Trip includes hotel, motorcoach transportation, all admission fees and eight meals.

Double: \$495

Deposit of \$75 by April 10; final payment by June 2.



Texas Trips



McKinney Falls State Park Trip

Join us for a weekend of hiking, camping, fishing and swimming as we explore one of Texas' best State Parks. McKinney Falls State Park is located in the heart of the Hill Country near Austin. Fee includes transportation, park admission, camping fees and meals.

Ages: 8 and up \$125 per person

July 31 - August 2



Sports Night Out!

Are you a sports lover? Join us as we cheer on our hometown teams at local sporting events! Fee includes admission to the game and transportation.

Ages: 8 and up \$25 per person

May 30	6 pm-10 pm	Texas Rangers
Jun 20	6 pm-11 pm	Mesquite Rodeo
Jul 18	6 pm-10 pm	Fort Worth Cats
Aug 1	6 pm-10 pm	Texas Rangers



Travel Texas- New Braunfels Rafting and Caving

Enjoy natural beauty in the great state of Texas. Join us as we travel to some of Texas' most beautiful spots for weekend getaways. All trips include lodging, activities and most meals.

Ages: 12 and up \$165 per person

May 2 - 4



Special Events



Bring the whole family out to this exciting event!

Free trees will be given to each family or attendee in the spirit of celebrating

Arbor Day

Saturday, May 9, 2009

Lake Arlington - Richard Simpson Park

6300 W. Arkansas Ln.

Event will go from 9am – 2pm



Fun activities for all ages, including bounce houses, an obstacle course, environmentally friendly games and activities. Kayaking and canoeing will be take place on the lake. "Crittterman" animals shows, Blackland Prairie Rapture Center birds of prey, fishing in the catfish tank and much more will be offered.

The Arbor Day Adventure Race will start at 8:30am and will be a fun family beginners adventure race. The race will encompass a one mile run, 800 meter canoe trek (canoes will be provided), and an obstacle course. The Adventure Race is open to participants ages 7 and up. Entry fee is \$30 per person. Register online at www.active.com.

Light Up Arlington

**Celebrate our country's independence on
July 3, 2009 in downtown Arlington.**

Event Activities: multiple live music stages including the Levitt Pavilion, retail booths and food vendors. The evening will conclude with a spectacular display of fireworks over downtown Arlington.

Watch our website for more information coming soon: www.naturallyfun.org



Special Events

Join us for the
4th Annual USTA Block Party
Carnival by the Courts
A Naturally Fun Neighborhoods Event

Saturday, May 2, 2009 from 1–4pm

This free event includes:

Cardio Drill for Adults, Adult Open Level Drills, Serve and Target Courts, QuickStart Clinic for Kids, Beat the Pro and Animal Services Adopt-a-Pet.

Also enjoy our Dunking Booth, Music, Door Prizes and Refreshments.



500 W. Mayfield Rd.
817-459-6163
www.arlingtontennis.net



Where's
Buddy
Blue

It's EASY...
just follow these
steps and you
could be one of
the three lucky
winners each
week!

Step 1: Log onto
www.NaturallyFun.org
for the daily clue to locate Buddy Blue.

Step 2: Look for Buddy hiding at one of
Arlington's facilities such as parks, recreation
centers, swimming pools, golf courses or the
tennis center.

Step 3: Find Buddy, take a photo of him
and send it, along with a description of where
you found Buddy hiding, to:
parksdepartment@arlingtontx.gov.

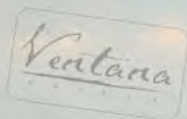
Go on a hunting adventure this summer!

Look for the Arlington Parks & Recreation Department's mascot Buddy Blue as he hides in places throughout the city.

For more information on the Where's Buddy Blue contest, visit www.naturallyfun.org.
Sign up for the daily clue to be sent directly to your inbox or cell phone at www.arlingtoncnns.com.
Follow Buddy Blue on myspace at www.myspace.com/naturally_fun.

Passport Arlington / Photo Contest

Get out. Get active. Get stamped!



Win Prizes!

On Sale Now for \$10.

Available at all Arlington Recreation Centers,
Libraries and the Parks Administrative Office.



Naturally Fun PHOTOS

Grab your camera because the Parks and Recreation Department
is conducting a city-wide photography contest.

We want you to capture images representing our brand, "Naturally Fun."

Pictures must be of activities in the Arlington Parks and Recreation Department's parks, recreation centers, golf courses, tennis center, athletic complexes, lake or pools and must be taken between June 1 – July 31, 2009.

Entries will be judged first on capturing the theme of the contest, Naturally Fun, and second on layout, composition and image quality. Contest is open to Arlington residents only, with the exception of Arlington Parks and Recreation Department employees and their immediate families are not eligible.



Watch the website, www.naturallyfun.org, for official entry forms, rules and information coming soon.

Celebrate with Parks

July is Parks and Recreation Month

SUN	MON	TUE	WED	THU	FRI	SAT
 www.NaturallyFun.org			1 Submit a photo to Arlington Parks & Recreation's photo contest	2 Listen to music at the Levitt Pavilion	3 Enjoy music, food and fireworks at Light Up Arlington	4 Attend Texas' largest 4th of July parade in downtown Arlington
5 Adult Sports Day: Get out and play some sports at a local park	6 Take your dog for a walk at the Tails N' Trails Dog Park	7 Sign up for a Summer Camp at a local recreation center	8 Hike on the new trail at Martin Luther King, Jr. Sports Center	9 Attend Family Fun Night at Cliff Nelson Recreation Center	10 Play a game of tennis at the Arlington Tennis Center	11 Register for one of our fun and exciting senior trips
12 Play a round of Disc Golf at Veterans Park	13 Enjoy Sunday brunch at Ventana Grille	14 Play Ball! Sign up your child for a youth sports league	15 Saddle up and ride your horse at S.J. Stovall Park	16 Canoe the first flat water trail in Texas at Lake Arlington	17 Watch a "Dive in Movie" at Randol Mill Family Aquatic Center	18 Experience the Puma Soccer Cup at Harold Patterson Sports Center
19 Volunteer in a Park and help make them a better place for everyone to enjoy	20 Explore Public Art – Visit the Meadowbrook Park Sculpture Garden	21 Bicycling Day: Grab a bike and enjoy one of the 40+ park trails in Arlington	22 Splash up some family fun at Bad Köenigshofen Family Aquatic Center	23 National Hot Dog Day: Reserve a park pavilion for your family reunion	24 Party on the Patio: Listen to the live music of "Me and Pooch"	25 Take me Fishing! Go fishing at one of the local park ponds
26 Purchase a Passport Arlington and get out, get active and get stamped	27 Get Hooked on Golf	28 Take binoculars to bird watch at River Legacy Parks	29 Toss some horseshoes at Meadowbrook Park	30 Help beautify our city by planting a tree	31 Enjoy the fun of Friday Night Skate at Elzie Odom	

As we celebrate National Park and Recreation Month, we invite you to get out and experience the many different ways Arlington Parks and Recreation contributes to the quality of life in our city.

We are proud to be able to provide to you quality facilities and recreational opportunities so that you may enjoy a healthy active lifestyle.



Mature Adults

Trips

Destination Travel

Want to go to exciting new places? Have fun meeting new people? Travel with your friends! See page 54 for information on our New Orleans and Mediterranean trips.

Heritage of America

Presented by Collette Vacations
Listen to a presentation and take a trip to the Heart of America. Our trip will take us to New York City, Philadelphia, Lancaster, and Gettysburg, PA, Shenandoah Valley, Charlottesville and Williamsburg VA, and Washington, D.C. The presentation will be worth the hour of time out of your schedule just to see the beautiful pictures. The trip will take place in May 2010.

Location: SRCE
Date: June 10, 1:00pm

Are you looking for a great way to spend your time and give back to the community?

Join the Parks and Recreation Senior Volunteer Program. We need help with the following programs:

Prime Time Lunch Bunch
Bingo
Friday Night Dances
Special Events and Birthday Parties

For more information call either of the Senior Centers.

Day Trips

Casino Trips

Visit various Casinos. You will receive an assortment of gaming packages upon arrival.

Boomtown Casino- Shreveport, LA

Cost: \$15
Location: SRCNY
Day/Time: May 19, 7:00am-8:00pm

WinStar Casino- Thackerville, OK

Cost: \$10
Location: SRCE
Day/Time: July 15, 7:00am-8:00pm



Red Hat Society

We believe silliness provides comedy relief for life and we share a bond of affection forged by common life experiences. Our official chapter name "The Arlington Day Dreamers" enjoy monthly outings or social events around the metroplex destinations or at the Senior Centers.

Louis Tussaud's Wax Museum

Cost: \$10
Location: SRCE
Day/Time: May 20, 10:00am-2:30pm

Mega Buffet

Day/Time: June 17, 11:00am-1:00pm

Hoffbrau's Steak House

Day/Time: July 15, 11:30am-2:00pm

Draper's and Damon's

Day/Time: August 19, 10:00am- 2:30pm



Trips

Join us as we explore the DFW and other venues not far from home. Day trips depart the Senior Recreation Centers multiple times each month to various local attractions, eateries and special destinations. Complete trip information can be found at the Senior Recreation Centers.

Rangers Baseball Game

Cost: \$15
Location: Depart from SRCE
Day/Time: Thu, May 14, 12:00pm

The Gospel Queen at Jubilee Theater

Cost: \$18
Location: Depart from SRCNY
Day/Time: Thu, May 21, 5:00pm

Mineral Wells Crazy Water and Old Jail Museum

Cost: \$15
Location: Depart from SRCE
Day/Time: Wed, June 3, 9:00am

Bass Pro Shop

Cost: \$10
Location: Depart from SRCNY
Day/Time: Thu, June 11, 9:00am

Big River at Theater Arlington

Cost: \$25
Location: Depart from SRCE
Day/Time: Thu, June 25, 6:45pm

Granbury Paddle Boat Cruise

Cost: \$47
Location: Depart from SRCE
Day/Time: Sat, July 11, 9:30am

The Highlands of Arlington Shopping Trip

Cost: \$10
Location: Depart from SRCNY
Day/Time: Sat, July 23, 9:30am

American Airlines Museum and Cracker Barrel

Cost: \$12
Location: Depart from SRCE
Day/Time: Thu, August 4, 9:30am

Texas Civil War Museum and the Mint

Cost: \$12
Location: Depart from SRCNY
Day/Time: Thu, August 27, 8:30am

Senior Dance

Country and Western Dance Lessons

Join us for an afternoon of social dancing. Learn the 2-Step, 3-Step, Double 2-Step, Country Waltz, Cotton-Eyed Joe, Schottische, Texas Polka and Line Dancing.

Cost: \$10 / month
Location: SRCE
Day/Time: Wed, 2:00pm-3:00pm



Ballroom Dance Lessons

Join us for an afternoon of social dancing. Learn dances including the Fox Trot, Waltz, Swing, Push, Jitterbug, Rumba, Mambo, Cha Cha, Tango, Samba, Salsa and Meringue.

Cost: \$10 / month
Location: SRCE
Day/Time: Wed, 3:00pm-4:00pm

Friday Night Band Dance

Live bands perform each Friday and theme dances occur frequently. Light refreshments are served.

Cost: \$5 / dance
Location: SRCE
Day/Time: Fri, 7:00pm-9:30pm

Intermediate Line Dancing

Enjoy an afternoon of line dancing. This class is more advanced than a beginners' class, so come ready to challenge yourself.

Cost: \$3 / class
Location: SRCE
Day/Time: Fri, 1:30pm-3:00pm

Mature Adults

Line Dance Lessons

Step-by-step method for learning fun dynamic line dances.

Cost: \$1 / class
Location: SRCE
Day/Time: Tue, 1:30pm-3:00pm

Wednesday Dance

Dance to Country Western, Big Band and other favorite hits. Our DJ spins the records while you enjoy line, chair and partner dancing.

Cost: Free
Location: SRCNY
Day/Time: Wed, 10:00am-11:30am

Mel's Round Dance

Round dancing at it's best. Come see what it's all about.

Cost: Contact SRCE for more information
Location: SRCE
Day/Time: 1st and 3rd Thur/month, 7:00pm-9:30pm

Merry Rounders

Round dancing on Monday nights has never been so fun.

Cost: Contact SRCE for more information
Location: SRCE
Day/Time: Mon, 7:00pm-9:30pm

Levi's and Lace

Square dance your Saturday night away!

Cost: Contact SRCE for information
Location: SRCE
Day/Time: 1st and 3rd Sat/month, 7:00pm-10:00pm

Music

Joyful Singing

Sing along to your favorite old time and new hymns.

Cost: Free
Location: SRCNY
Day/Time: Tue, 10:30am-11:30am

Kitchen Band

You'll be full of laughs and smiles as you join Arlington's very own kitchen band. Bring a harmonizing voice and any kitchen bowl and spoon to bang on. This group performs for special events in the area.

Cost: Free
Location: SRCE
Day/Time: Mon, 2:00pm-4:00pm

Music 101

Learn about the following from the most basic point of view: the STAFF, scale, notes, intervals, chords, chord construction, chord progression, melody, harmony, and meter. Instruments and class materials will be provided.

Cost: \$10 / month
Location: SRCE
Day/Time: Mon, 2:00pm-3:00pm

Ukelele Band at SRCE

Hawaiian Music is relaxing and you can learn how to play it yourself on a ukelele!

Cost: Free
Location: SRCE
Day/Time: Mon, 12:30pm-2:00pm

Ukelele Lessons

Join us on Mondays and learn to play the ukelele.

Cost: Free
Location: SRCE
Day/Time: Mon, 11:30am-12:30pm

Art

Craft Club

Knit or crochet hats, blankets and booties for area charities. Our sponsor, National Semi Conductor, provides yarn and supplies as needed.

Cost: Free
Location: SRCE
Day/Time: Mon, 9:00am-12:30pm

Watercolor Painting

Control the flow of color with water and discover different looks by using a variety of papers and painting techniques.

Cost: \$28 / month
Location: SRCE
Day/Time: Mon, 1:00pm-4:00pm

WET Club

Watercolor Every Tuesday is a group that gets together each week to paint with friends. Join this group and share ideas and techniques on how to paint beautiful pictures. A relaxing environment to allow you to work at your own pace.

Cost: Paid to club leader
Location: SRCE
Day/Time: Tue, 9:00am-1:00pm

Oil Painting

Capture your favorite picture with paint. Learn the basics needed to create paintings you have always hoped to put on canvas.

Cost: \$28 / month
Location: SRCE
Day/Time: Wed, 1:00pm-4:00pm

Stitch-N-Beads

Get new ideas for gifts as well as items to sell. Work independently on your own crafts while visiting with friends.

Cost: Free
Location: SRCNY
Day/Time: Thur, 10:00am-11:30am

Exercise

Balanced Power

Hand weights and resistance bands are used to achieve endurance, strengthening, body alignment, coordination and deep stretching.

Cost: \$10 / month
Location: SRCNY
Day/Time: Tue/Fri, 8:30am-9:15am

Cardio Fitness

Jump start your metabolism with advanced stretching weights and cardio exercise.

Cost: \$10 / month
Location: SRCNY
Day/Time: Tue/Fri, 1:00pm-1:45pm

Exercise

A relaxing, highly effective workout designed to help reduce stress while working to rejuvenate and tone your muscles. This class uses low impact exercises to help you get and stay in shape.

Cost: \$10 / month
Location: SRCE
Day/Time: Mon/Wed/Thu, 9:45am-10:30am

Parkinson's Support & Exercise

Class meets twice a week. Special program on the 2nd Monday of each month.

Cost: Free
Location: SRCNY
Day/Time: Mon 10:00am-11:00am, Thu 2:00pm-3:00pm

Pilates

Pilates focuses on core strength and stability. Our class will emphasize working at a basic level while building a strong foundation to increase your core strength.

Cost: \$10 / Month
Location: SRCE
Day/Time: Tue/Thu, 11:00am-11:45am

Mature Adults

Step N Stretch

Gain flexibility, strength and stamina. Bring your own exercise mat, hand weights and jump rope.

Cost: \$10 / month
Location: SRCE
Day/Time: Mon/Thur, 5:30pm-6:15pm

Strength Training

Light cardio with hand weights, exercise bands/poles and chairs.

Cost: \$10 / month
Location: SRCNY
Day/Time: Mon/Wed/Fri, 8:45am-9:30am

Tai Chi

Tai Chi is gentle on the muscles and effective in increasing mobility, flexibility, coordination and bone density without causing fatigue. Improve posture and balance with easy flowing movements.

Cost: \$12 / once a week or \$20 / twice a week
Location: SRCNY
Day/Time: Mon/Fri, 9:45am-11:00am

Weight Room Class

Learn how to use the exercise room at SRCE in a fun class setting. Free weights, cardio equipment and proper use of machines will be taught.

Cost: \$10 / month
Location: SRCE
Day/Time: Mon/Wed, 10:30am-11:15am

Yoga Class

Diminish stress and bring your mind, body and soul together. Notice a difference in your breathing and the way you relax.

Cost: \$10 / month
Location: SRCE
Day/Time: Mon/Wed, 8:45am-9:30am

Zumba Gold

A fusion of Latin/International music and dance themes such as salsa, tango, belly dancing and much more. Fitness has never been so much fun!

Cost: \$40 / 10 classes
Location: SRCE
Day/Time: Tue/Fri, 9:30am-10:15am

Senior Exercise

Group exercise including flexibility, balance and strength done to big band and swing music. Learn proper technique in use of free weights, bands and tubes.

Cost: \$10 / month
Location: Dottie Lynn Recreation Center
Day/Time: Tue/Thur, 8:00am-9:00am

Arthritis In Motion

This program, offered by certified instructors in partnership with the local Arthritis Foundation Chapter is designed to help those who have joint and/or muscle problems to achieve improved joint mobility, muscle strength and endurance.

Cost: \$18 / month
Location: Cliff Nelson Recreation Center
Day/Time: Mon/Wed, 9:30am-10:15am

Strength Training Plus

Increase your cardiovascular fitness level with non-impact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of class.

Cost: Fitness Plus Membership required
Location: Cliff Nelson Recreation Center
Day/Time: Mon/Wed/Fri, 8:15am-9:15am

Senior Cardio at Cliff Nelson

Senior Cardio at Cliff Nelson Recreation Center.

Cost: Fitness Plus Membership required
Location: Cliff Nelson Recreation Center
Day/Time: Mon/Wed/Fri, 8:15am-9:15am

Blood Pressure Check

Free blood pressure checks are available on the first and third Wednesday of the month on a first come, first served basis.

Cost: Free
Location: SRCNY
Day/Time: Wed, 11:15am-12:00pm

Drop in Activities

Supper Club

Check monthly Senior Center calendars for complete list of restaurants. RSVP to SRCNY.

Cost: Free
Location: Varies
Day/Time: 2nd Tue/month, 5:00pm at restaurant location

Advanced/Competitive Bridge

Play cards and visit with some of the best people in the metroplex.

Cost: Free
Location: SRCE
Day/Time: Mon/Tue/Wed/Fri, 1:00pm-3:30pm

Beginner/Recreational Bridge

Recreational bridge class for beginners to learn how to play the game.

Cost: Free
Location: SRCE
Day/Time: Thur, 1:00pm-3:30pm

Billiards at SRCE

Did you know the Game Room at SRCE has a freshly covered billiards table? Bring a friend and enjoy a game!

Cost: Free
Location: SRCE
Day/Time: Mon-Fri, 8:30am-5:00pm

Darts at SRCNY

Check out our dart boards featuring digital scorekeeping, voice instructions and soft-tipped darts.

Cost: Free
Location: SRCNY
Day/Time: 8:00am-4:00pm

Card Games

Crave a little competition? Join us on Tuesdays for some fellowship while playing card games.

Cost: Free
Location: SRCNY
Day/Time: Tue, 9:30am-4:00pm

Games Night

Join us for an evening of Dominoes, Pinochle, Canasta, Bridge, Cribbage and other games. Bring snacks to share. Coffee is provided.

Cost: Free
Location: SRCE
Day/Time: Mon/Thur, 5:30pm-9:30pm

Helping Hands Food Pantry

Join us for the Prime Time lunch five times and the Prime Time breakfast three times within a month and you can sign up to receive groceries. Spaces are limited and on a first come first serve basis.

Cost: Free
Location: SRCNY
Day/Time: Fri, 8:00am-12:30pm

Movies

Spend the morning sitting back and enjoying a bag of popcorn and a nice cold drink while watching a great movie. Look for the monthly calendars to see what's showing.

Cost: Free
Location: SRCNY
Day/Time: Fri, 9:30am-11:30am

Mature Adults

Bingo in The Afternoon

Bring non-perishable grocery items for bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc.

Cost: Free
Location: SRCNY
Day/Time: Tue, 3:00pm-5:00pm



Potluck Bingo

Join in the fun at potluck Bingo! Dinner starts at 5PM and Bingo is played following dessert! In addition to bringing a potluck dish, bring a gift that does not cost more than \$2 in a brown bag for a bingo prize.

Cost: Free
Location: SRCNY
Day/Time: 4th Tue, 5:00pm-8:00pm

Super Bingo

Bring non perishable grocery items to be used as bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc.

Cost: Free
Location: SRCNY
Day/Time: 3rd and 5th Fri, 10:00am-11:30am

Prime Time Lunch

Join us for lunch with great conversation and fun games. Senior Citizens Services provides lunch to persons 60+ years of age and their spouse. Reservations are required by noon at least one day in advance - 817-460-5009. Lunch will not be served Apr 12, May 25, and July 4.

Cost: \$2 donation
Location: SRCNY
Day/Time: Daily, 11:30am-12:30pm

Education

55 - Alive

Need a discount on your auto insurance? You can save up to 10% depending on your insurance carrier. Books, videos and participant interaction make the classes go by quickly. \$12 fee payable to AARP for AARP members and \$14 for non-members. Additional administrative fee of \$2 for facility members and \$5 for non-members.

Location: SRCE
Day/Time: Thu and Fri, 1:00pm-5:00pm

Internet 101

Have you always wanted to explore the World Wide Web? Then, this course is for you. We'll start with an introduction to the Internet then you'll begin your journey through one of the most widely used methods of communication in the world. Instruction is provided in a fun, slow paced atmosphere. Prerequisite: Intro to PC course or basic computing skills.

Cost: \$35 / month
Location: SRCE
Day/Time: Mon/Wed, 3:15pm-4:45pm



Intro to PC

If you have never touched a computer, don't worry - you are in the right place. Have fun while getting hands-on training in the basics of computing and Windows XP. Start by gaining an understanding of how your computer works. Then make your computer do what you want it to do.

Cost: \$35 / month
Location: SRCE
Day/Time: Mon/Wed, 1:30pm-3:00pm

Education Sessions

Representatives from community organizations present free educational materials targeted for the mature adult. Check monthly calendars for topics.

Living with Arthritis

presented by Hand and Upper Extremity Rehabilitation

Location: SRCNY
Day/Time: May 28, 10:00am-11:00am

Grace Under Fire: Practical Tips for Care Givers

presented by Alzheimer's Association

Location: SRCNY
Day/Time: June 11, 10:00am-11:00am

Hypertension and You

presented by Arlington Memorial Hospital

Location: SRCNY
Day/Time: July 30, 10:00am-11:00am

Heart Health

presented by Baylor All Saints Hospital

Location: SRCNY
Day/Time: August 20, 10:00am-11:00am

Herb Growing Class

Learn to grow and use herbs in your home and kitchen. This class will spice up your life!

Cost: \$3 / class
Location: SRCE
Day/Time: 1st Tue/month, 12:00pm-1:00pm

Celebrations

Birthday Parties

Come join our birthday celebrations every month at SRCNY. Listen to fun music while playing games and enjoying cake and punch. Bring your friends and family too.

Cost: Free
Location: SRCNY
Day/Time: 4th Fri, 10:00am-11:30am

Room Rental

For room rental information turn to page 78.

Spring Picnic

Enjoy the spring weather at our backyard picnic tables. Bring along a friend to enjoy! Food provided by Sweet Tomatoes.

Cost: Free
Location: SRCE
Day/Time: May 15, 11:30am-1:00pm

Informational

Senior Advisory Board

Join the Senior Advisory Board and help make great changes and raise money for the senior centers! Meeting locations alternate between SRCE and SRCNY. See monthly activity calendars for locations.

Cost: Free
Location: Alternates between Senior Centers
Day/Time: Wed, 3:30pm-4:30pm

Organizations

Organizations

Care Giver's Group

Do you take care of a loved one? Join our group to share ideas and socialize on the last Friday of the month at 11:00 am at the SRCE.

NARFE

The National Association of Retired Federal Employees meets the 3rd Monday of each month at 9 am at SRCE.

Oletimer's

Arlington natives meet on the 3rd Thursday of each month at 2 pm at SRCE.

RSEA

Retired School Educators of Arlington meet on the 3rd Tuesday of each month at 2 pm at SRCE. (Does not meet June – August)

Senior Men's Club

Meetings are held on the 2nd Wednesday of each month at 10 am at SRCE.

Senior Men's Golf

Meetings are held on the 1st and 5th Thursday of each month at 1 pm at SRCE.

Mature Adults



Senior Recreation Center Eunice

Starts	Monday	Tuesday	Wednesday	Thursday	Friday
8:45am	*Yoga		*Yoga		
9:00am	*Craft Club NARFE Mtg. (3rd Mon)	*WET Club			
9:30am		*Zumba Gold		*Exercise	*Zumba Gold
9:45am	*Exercise		*Exercise		
10:00am			Men's Club Meeting (2nd Wed)		
10:30am	*Weight Room Class		*Weight Room Class		
10:45am					Care Givers (last Fri)
11:00am	Ukelele Lesson	*Pilates		*Pilates	
11:30am					
12:00pm		*Herb Growing (1st Tue)			
12:30pm	Ukelele Band				
1:00pm	*Watercolor Painting Bridge Adv/Comp	Bridge Adv/Comp	*Oil Painting Bridge Adv/Comp	*55-Alive (1st Thu) Senior Men's Golf (1st Th) Bridge Beg/Rec	*55-Alive (1st Thu) Bridge Adv/Comp
1:30pm	*Intro to PC	*Line Dance	*Intro to PC		*Intermediate Line Dancing
2:00pm	Kitchen Band *Music 101	Retired Teacher Assn. (3rd Tue)	*Country and Western Dance Lessons	OLE Timer Meeting (3rd Thu)	
3:00pm			*Ballroom Dance Lessons		
3:15pm	*Internet 101		*Internet 101		
3:30pm			Sr. Advisory Board (2nd Wed)		
5:30pm	Game Night *Step N Stretch			Game Night *Step N Stretch	
7:00pm	Merry Rounders			Round Dance	Friday Night Dance

* Prices listed in class descriptions on previous pages.

Monthly Calender

Programs and Classes - Facility Card Required

Senior Recreation Center New York

Starts	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Fitness Walking		Fitness Walking		Fitness Walking
8:30am		*Balanced Power		*Balanced Power	
8:45am	*Strength Training		*Strength Training		*Strength Training
9:30am					Senior Movies (1st Fri)
9:45am	*Tai Chi				*Tai Chi
10:00am	Parkinson's Support & Exercise	Games	Wednesday Dance	Stitch 'N' Beads	Friday Super Bingo (3rd & 5th Fri)
10:30am		Joyful Singing			Birthday Parties (4th Fri)
11:15am			Blood Pressure Checks (1st and 3rd Wed)		Food Pantry (2nd Fri)
11:30am	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation
1:00pm		*Cardio Fitness		*Cardio Fitness	
2:00pm				Parkinson's Support & Exercise	
3:00pm		Afternoon Bingo (1st Tue)			
3:30pm			Sr. Advisory Board		
5:00pm		Pot Luck Bingo (4th Tue) Supper Club (2nd Tue)			

* Prices listed in class descriptions on previous pages.

Check out the Craft Club display cases at both Senior Recreation Centers.

Arlington Public Library

Check What's Happening at Arlington Public

You may be surprised at the variety of materials, services and resources available to you at the Arlington Public Library ... all you need is a library card!



Books, music, and movies are available for checkout; but there is much more such as: business resources, Genealogy resources, interlibrary loan, The Learning Zone (reading and math tutoring for 1st-3rd grades), Learning Express (online preparation for academic and professional exams), meeting room, online book clubs, online databases, programs and events, public access computers, Read It Again! kits, Reference Information 24/7, Tell Me More (online language learning resource), WiFi Internet access and much more!

Locations and Hours of Operation:

George W. Hawkes Central Library

101 E. Abram St. (817) 459-6900
Monday through Thursday – 9 a.m. – 9 p.m.
Friday & Saturday – 9 a.m. – 6 p.m.
Sun. (Sept.-May) 2 p.m. – 6 p.m.

East Arlington Branch

1624 New York Ave. (817) 275-3321

Northeast Branch

1905 Brown Blvd. (817) 277-5573

Lake Arlington Branch

4000 W. Green Oaks Blvd. (817) 478-3762

Southeast Branch

900 S.E. Green Oaks Blvd. (817) 459-6395
This branch only-Open Sun. (Sept.-May) 2pm-6pm

Southwest Branch

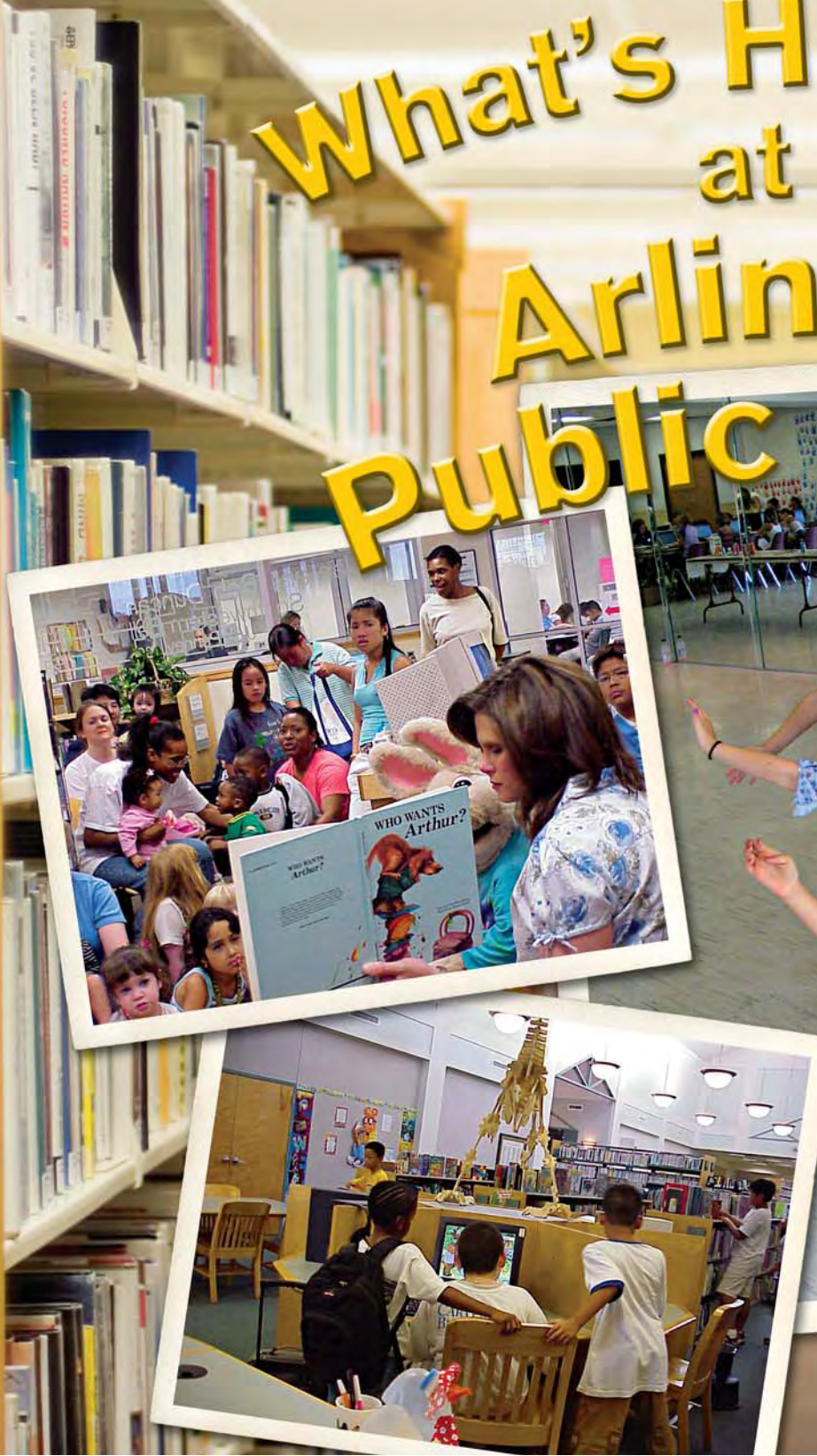
3311 SW Green Oaks Blvd. (817) 459-6386

Woodland West Branch

2837 W. Park Row Dr. (817) 277-5265

Hours of Operation for all Branch Locations

Monday - Thursday 10 a.m. – 8 p.m.
Friday & Saturday – 10 a.m. – 5 p.m. Sun. Closed



Check Out What's Happening at the Arlington Library



Library Events for All Seasons

Monthly Book Clubs for Adults

Join one of these reading groups for lively discussions of a variety of books. For more information, please call the library location(s) where you would like to participate.

Evening Book Clubs:

- First Tuesday, Woodland West Branch, 7pm
- First Thursday, Lake Arlington Branch, 6:45pm
- Second Tuesday, Northeast Branch, 7pm
- Second Thursday, Southwest Branch, 7pm
- Third Thursday, Southeast Branch, 7pm

Morning Book Clubs:

- Second Wednesday, Southwest Branch, 7pm
- Third Wednesday, 11am, Woodland West Branch

Teen Movie Night!

Teens between the ages of 13 and 17 are invited to join us for a movie each month at the following days, times, and locations:

- First Wednesday, Woodland West, 4:30pm
- Second Wednesday, George W. Hawkes Central Library, 6:30pm
- Third Monday, Lake Arlington Branch, 6:00pm
- Fourth Thursday, Southeast Branch, 4:30pm
- Last Friday, Southwest Branch, 4:30pm

Teen Arts Underground!

A space where teens ages 13 to 18 can create digital, literary and visual arts. The Studio is located on the basement level of the George W. Hawkes Central Library.

Regular Studio hours are:

- Monday-Thursday, 3-9pm
- Saturday, 9am-6pm
- Friday, 3-6pm
- Sunday, 2-6pm

Story time Schedule

Each Arlington Public Library location offers a variety of free Story times that include stories, rhymes, finger plays and/or songs. Children and parents may attend at any library location. Day cares and other large groups are welcome, but please call first. For specific times and locations, please call the library location you would like to attend.

- Bouncing Babies for parents and their children birth to 2 years old
- Listener Story time for children 3 to 7 years old
- Toddler Time for children 2 to 3 years old
- Family Story time may include a craft

River Legacy



Canoe the Trinity

Arlington's first canoe launch on the Trinity River is located just underneath the pedestrian bridge at the Collins Street entrance of River Legacy Parks.

Paddlers can kayak or canoe upstream about a ½ mile before returning to the put-in and take-out launch. This is the first of a series of canoe launches to be established along Arlington's portion of the Trinity River.

Summer at the Science Center

Don't miss out on the unique opportunity to connect with nature this summer during classes for children ages 3 to 8th grade from June 15-26 and July 6-24. But don't delay Summer Classes are filling fast! Call 817.860.6752 to register today. Check out the schedule at www.riverlegacy.org.

Early Childhood Field Investigations

Early Childhood Field Investigations for children ages Pre-K through 2nd grades allow students to further investigate, explore and observe the plants and animals, seasons and cycles studied in the classroom. During seasonal investigations, students discover firsthand how the animals of River Legacy Parks prepare for winter and cope with winter's chilly challenges and experience the renewal of plant and animal life that springtime brings. For more information on Early Childhood Field Investigations at River Legacy Living Science Center call 817.860.6752 or visit www.riverlegacy.org

River Legacy Nature School

Children ages 3 and 4 discover the wonders of the natural world during River Legacy Nature School. The preschool's inquiry-based curriculum encourages a hands-on, minds-on exploration of nature through indoor activities at the Living Science Center and outdoor explorations in the adjacent River Legacy Parks. Nature School is accredited by the National Association for the Education of Young Children (NAEYC). Classes meet once per week for 2 1/2 hours either in the morning or afternoon September through May. Registration for the 2009-2010 school year has already begun. For more information, call 817.860.2073 or visit www.riverlegacy.org.

River Legacy Parks can be accessed through two entrances:
703 NW Green Oaks Boulevard or 3020 North Collins Street.
River Legacy Living Science Center is located next
to the park at 703 NW Green Oaks Boulevard.



Levitt Pavilion

Free music under the stars

The Levitt Pavilion at Founders' Plaza provides 50 free outdoor concerts a year with professional musical artists from our own backyard and around the world. Each concert night explores a different musical genre, including Children's Night, culturally diverse World Music, fiery Musica Latina, rich American music and the relaxing Music Café. The Levitt Pavilion provides our community with a friendly gathering place that brings music and the performing arts to everyone to enjoy under the stars.



2009 Summer Concert Schedule

Children's Wednesday 7:00 PM	World Music Thursday 8:00 PM	Musica Latina Friday 8:00 PM	American Saturday 8:00 PM	Music Café Sunday 8:00 PM
		May 29  An Evening with B.J. Thomas Levitt Pavilion's first benefit concert!	May 30  Melissa Lawson Arlington's own Nashville Star winner in a hometown concert	May 31  Austin Lounge Lizards Slaughtering sacred cows with a Texas folk sound
June 3  The Boogers Kick off summer vacation with rock 'n' roll just for kids!	4  Chic Gamine Lush harmonies in five languages from Canada	5  Incendio A volcanic blast of flamenco jazz fusion	6  Whiskey Folk Ramblers Country/folk with a whole lotta' heart	7  Warrior Gospel Band Foot-stomping gospel
10  Big Don Positive hip-hop for the kid in all of us	11  Hudost Experimental world rock – rich and eclectic	12  Del Castillo Intoxicating Latin romance with the grit of rock	13  The Spring Standards Rock sound with a country aftertaste	14  Eddie Irving Swing Band The sounds of timeless Big Band swing
17  The Biscuit Brothers Fun with the Emmy-winning stars of PBS	18  Needfire Powerhouse Celtic melodies in a rock context	19  Latin Express Hot Latin rhythms with a dose of jazz	20  Oso Cioso Original, progressive music to rock the night	21  Beatlegras Beatles favorites reborn as bluegrass
24  Joe McDermott The maestro of imagination	25  T-Richard & the Zydeco Stingrays Knock-your-socks off zydeco	26  Grupo Fantasma Grammy-nominated 21st century Latin groove	27  Eleven Hundred Springs Home-grown Texas country music	28  Inner City All Stars High-energy old-school funk meets New Orleans jazz
July 1  Sarah Hickman Enchanting songs for kids from a gifted Texas songwriter	July 2  Aton Reggae with a new-age twist	July 3  Light Up Arlington Music and fireworks in the heart of Arlington!	Free admission. Open lawn seating. All summer concerts start at 8 p.m. except for Children's Night concerts, which begin at 7 p.m. The Levitt Pavilion is located at 100 W. Abram St. in Founders Plaza at the corner of Abram and Center streets, directly across from City Hall.	

For more information, please call 817.543.4307 or the information line at 817.543.4301.
Visit the Web site at www.levittpavilionarlington.org.

Parks Spotlight

Dixon W. Holman Park



A natural environment oriented park with 4.5 of its seven acres left undisturbed, it has something for everyone. The park includes a playground, a decomposed granite trail, nature trail and natural creek that run through the area.

This park is dedicated to Dixon W. Holman who served as a member of the Arlington City Council from 1977 to 1981. He is a former member of the Texas House of Representatives and Tarrant County College System Board of Trustees. In 2003, Justice Holman won the Tarrant County Bar Association's Silver Gavel Award for competency, efficiency and integrity as a judge.



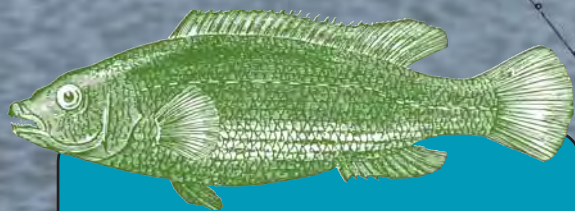
Dixon Holman Park, dedicated in 2008, is located in the northeast section of Arlington. It includes a bird and butterfly garden, interpretive signage for native flora and fauna, a designated official monarch butterfly way station and three Purple Martin birdhouses.

Lake Arlington

Lake Arlington Room Rental

Located at 6300 W. Arkansas Lane, the room may be rented for a full day on weekends or holidays. Full day or half day rentals are available on weekdays. During the summer, the room is only available on Saturdays and Sundays.

The room is located on the northeast shore of beautiful Lake Arlington. The room contains two large picture windows that face the lake. The room is 28 feet by 46 feet and comfortably holds approximately 70-80 people. For your convenience, we supply the room with 65 chairs and 15 three by six foot tables. Other features include a kitchen area, which contains refrigerator/freezer, two microwaves, sink, fireplace and two restrooms. Reservations can be made by calling 817-459-5473.



Fish varieties at Lake Arlington include Black Bass, Sand Bass, Hybrid Stripers, Catfish and Crappie. The state laws of Texas govern the taking of fish from Lake Arlington.



Lake Facilities

Lake Arlington has various facilities for your enjoyment. There are two parks located along Lake Arlington's eastern shore, Richard Simpson Park – 6300 W. Arkansas Lane to the north and Bowman Springs Park – 7003 Poly Webb Road to the south. Special attractions at these parks include: boat launches, picnic areas, BBQ grills and restrooms. Richard Simpson Park also has the Lake Arlington Activity Room, which can be reserved for private functions. For more information call 817-459-5474.



Paddling Trail

Put-in and take-out areas are marked by signs. Launches are allowed only from these designated areas at Richard Simpson Park, Bowman Springs Park and Eugene McCray Park. A recreation permit is required for the paddling trail, which can be obtained in the Lake Office at Richard Simpson Park.

Lake Fees

A recreation permit is required to place, operate or keep any boat or other craft on Lake Arlington, including rowboats, canoes, kayaks, motorboats, sailboats, barges, personal watercraft and sailboards.

Park Partners

Adopt-A-Park

The Adopt-A-Park program is an on-going partnership between groups or individuals and the Parks and Recreation Department that focuses on a specific park. This program is ideal for neighborhood associations, businesses, community groups and individuals who have an interest in assisting with the on-going maintenance and beautification of a specific park.

Commitment: Four hours a day at least one day per month working in adopted park.

Urban Forestry

Trees are vital to the livability and health of our community. The Parks and Recreation Department will use donations to this fund to plant trees that enhance our city's urban forest. By supporting this fund you will be planting roots for the future of our parks and street medians.

For more information, email leaf@arlingtontx.gov.

Contact Information

Jennifer Chadwell
Park Partners Program Coordinator
817-459-5477
Parks and Recreation Administrative Office,
717 W. Main, Arlington, 76013
Jennifer.Chadwell@arlingtontx.gov

ASAP for Kids

The "ASAP for Kids" (After-School Athletics Programming for Kids) is aimed at providing financially disadvantaged youth with scholarships to participate in organized sports and instruction. Organized sports can help young people reach their full potential through learning, physical fitness, self esteem and discipline outside the classroom. Call 817-459-5482 for more information.

ACE Project

Ideal for school groups, scout troops, service groups, community service projects and individuals, the Action to Conserve the Environment, ACE, program is a one-time, one-day or one-weekend project. Possible projects include painting, mulching, weeding, trash removal, tree plantings and more.



Park Partners



POLICE WIVES
ASSOCIATION
OF ARLINGTON

Brick Memorial

The Brick Memorial program is based on the idea of using engraved brick pavers to honor others that will be a permanent fixture in the community. Brick Memorials are available at Tails 'N Trails (R.U.F.F.), Heroes' Park, Meadowbrook Sculpture Garden and Veteran's Park.



Living Tree Memorial

The Living Tree Memorial program is based on the idea of planting trees to commemorate loved ones that will enhance the beauty of our community parks for years to come.

Honor Family Members and Friends by Donating a Park Bench, Tree or Brick!

Looking for a unique way to honor someone? Why not donate a park bench, tree or brick to pay tribute to your family members and friends! Our Memorial Bench, Living Tree Memorial and Brick Memorial programs are the perfect way to honor loved ones and commemorate special occasions.

Memorial Bench

The Memorial Bench program is based on the idea of allowing our community to pay tribute through the dedication of a bench that will bring pleasure to visitors throughout its lifetime.

For more information on donating park benches, trees or bricks, call 817-459-5474.





Rent Your Event



Looking for the perfect place to have your next gathering?

Then check out all the facilities that Arlington Parks and Recreation has to offer!

We rent recreation centers, meeting rooms, gymnasiums, senior centers, park pavilions, tennis courts, swimming pools, banquet rooms, golf courses, softball fields, a skating arena, rock climbing wall, lake room and many other facilities!



Park Pavilion Rentals

The City of Arlington Parks and Recreation Department has picnic pavilions available for reservations in many parks. Rental prices will vary depending on the size and location of the pavilion as well as the size of your group. Reservations may be made a minimum of one week in advance or up to one year prior to the date of the event. For information or to reserve a park pavilion, please call 817-459-5473.

Please visit
 www.NaturallyFun.org
for indoor pool rental information and fees.

Lake Arlington

Planning an event? The Lake Arlington Activity Room is the perfect place for many events such as wedding receptions, reunions, parties, meetings and more! The climate controlled room comfortably holds up to 75 people and includes tables, chairs, restrooms and a kitchen.

Full Day (9am-11pm) \$200
Half Day (9am-4pm or 4-11pm) \$125
Deposit - \$100 (the deposit is refundable if the room is left clean and undamaged)
For information on renting the Lake Arlington Activity Room, call 817-459-5474.

Looking for some help planning your next birthday party?

Then check out the Birthday Party Services that Arlington Parks and Recreation offers! We do all the work while you have all the fun.

Choose from over ten regular themes like All Star Sports and Fairy Princess or go for extreme themes like Dance Dance Revolution and Dodgeball. All parties include invitations, cake, party favors, party hostess, food, drinks, setup and cleanup. Regular Themes start at \$125 and Extreme Themes start at \$140.

For more information on rental locations and birthday party services, call 817-459-5474 or visit www.naturallyfun.org.





**Weddings
Special Occasions
Receptions
Quinceaneras**

**Accommodates up to 250 guests
Outside food & beverage allowed
Catering list available
Event planning staff
Complimentary parking
Wedding Packages
and much more!**

BDC
**BOB DUNCAN
CENTER**

Bob Duncan Center,
2800 S. Center St., Arlington, TX 76014

817-465-6661

www.bobduncancenter.com

**Come experience the perfect venue
for affordable luxury!**



PARTY ON THE PATIO IS BACK IN 2009
WITH MORE GREAT MUSIC, FOOD AND FUN

CHECK OUT THE FULL SCHEDULE ON PAGE 39.

Ventana
G R I L L E

We invite you to enjoy a unique dining experience in a casual, comfortable setting surrounded by the beauty of Tierra Verde Golf Club.



**Ventana Grille
at the Tierra Verde Golf Club
7005 Golf Club Drive, Arlington, TX**

817.548.5047

www.ventanagrille.com

Open Sunday - Wednesday 6:30am-7pm

Thursday - Saturday 6:30am-9pm

Serving breakfast, lunch and dinner Sunday Brunch served 10 am - 2 pm.



Mail Stop 05-0100
Arlington Parks and Recreation
P.O. Box 90231
Arlington, TX 76004-3231



39th Annual Senior Craft Fair

Saturday, October 3
9am - 4pm
Booths are \$25 each.

Senior Recreation Center Eunice
1000 Eunice Street, 76010

Start your holiday shopping early and find the best handmade items at the best prices! Over 50 vendors will have homemade items on display for purchase, so mark your calendars now to attend the SRC-Eunice to find some great gifts.

For vendor information, call 817-277-8091.

